Army Reserve

SUMMER 2001

Chief Army Reserve gets third star

Reaching New Heights With The Army Reserve

Army Reserve

Volume 47, Number 2, Summer 2001
Since 1954. America's largest circulating military magazine

CAR promoted to Lt. Gen., pg. 6

LT. GEN. THOMAS J. PLEWES — Chief, Army Reserve
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Back Cover: Sgt. 1st Class Cheryl Stearns prepares for a practice jump.

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From the Commander

We are a transformed force in transformation

Lt. Gen. Thomas J. Plewes

You do not need to travel to Fort Lewis and look at an Interim Armored Vehicle to see Army Transformation occurring. All you really need to do is look around you, anywhere in the Army Reserve.

Army Transformation is much more than the active Army fielding IAVs and Interim Combat Brigade Teams. If that was the extent of it, we could all sit around our Reserve Centers and wait for the Objective Force to be fully fielded in another 30 years.

None of us have been sitting around and waiting for anything. We have all been too busy transforming. Some of it has already taken place, some of it is in progress and evolving and some is still to come.

The Army Reserve has been transforming throughout its existence. Not only do we do transformations often, we also do them well. You might say that Transformations-R-Us. Just as we live our vision, so, too, do we live transformation.

We have made ourselves such a relevant organization that the Army cannot perform its missions without us. We have restructured our force in order to accomplish the increased missions given us, eliminating some organizations, creating others and redesigning still others. We have made ourselves the essential providers of combat support, combat service support and training.

We have proven ourselves time after time by never having failed to meet a deployment requirement, whether the need was for one thoracic surgeon for service in Bosnia or for 84,000 citizen-soldiers for Operations Desert Shield and Desert Storm.

We are a transformed force that is still transforming. We do so alongside the active Army and our partner, the Army National Guard. The Army of One transforms as an Army that is One.

While we continue to transform, we will do so with the vehicles and equipment of today. Today's Army, the Legacy Force, will be with us until 2032.The weapons of the future are just that — weapons of the future.

The Army will fight with what we have on hand today or what we have programmed to acquire in the short term. We will support that warfight in the same manner.

This is where our real challenge lies. There will be no clean break between Army 2001 and Army 2032.We will have to continuously maintain the superb capabilities we now have throughout the time we are simultaneously working to create a new force. Transformation is more than just things. It is attitudes and concepts; it is how we fight and how we support the fight.

We will continue to develop new tactics, doctrine and ways of doing business. We have done much already. We are improving reach-back capabilities that reduce the logistics footprint in the forward area of operations. We are reenergizing the original premise of the Army Reserve, bringing in professionals with civilian-acquired skills for the benefit of the Army. We are doing what we need to do and what is best for the Army Reserve and the Nation.

Our leaders have full confidence in our abilities to transform, having seen what we have already achieved. Senator John McCain of Arizona recently read into the Congressional Record a statement on how much the reserves had changed since the late 1980s.According to him, that change makes reservists today "as critical a part of the fabric of our National Security Strategy as active duty service members."

If you want to see what is the best that can come from transformation, you do not need to go to Washington or gaze into a crystal ball.

All you need to do is look in the mirror.

Army of One Meets #1

Photo by Master Sgt. Vicki Washington

Lt. Gen. Thomas Plewes poses with Spec. Carlos Perez during the Senior Leader's Conference. Perez is a Reservist featured in "An Army of One" television commercial and in the "What would you do?" series on the GoArmy website.

Operation SMART

Supporting this program is everyone's responsibility

Command Sgt. Maj. Alex R. Lackey

On 27 January 2001 the Chief of Staff of the Army (CSA), General Eric K. Shinseki sent an e-mail and the subject was "Support to United States Army Recruiting Command (USAREC)." In it he stated, "I am the Army's recruiter—not USAREC—and everyone else who wears this uniform is a recruiter. USAREC is our agency for facilitating the induction of young Americans who have become seized with our image, our values, and our lifestyle—which is all about sacrifice and service to Nation."

On 23 March 2000 I sent a letter to all Regional Support Command (RSC) and Major Subordinate Command (MSC) Command Sergeants Major requesting their support of Operation SMART, an acronym for Sergeant Major of the Army Recruiting Team. Army Reserve Magazine also featured an article about Operation SMART on page 30 of the Spring 2000 issue and included a blank referral form which can be found at the following at the SMART Program web address

http://www.usarec.army.mil/hq/smart/index.htm.

I personally want to remind all of you about the significance of this outstanding program.

This computer generated referral program is designed to assist our recruiting force in providing the strength for the Army. All command sergeants major, first sergeants and first line leaders of each command are responsible for the program. Part of that responsibility is to ensure that the monthly referral goal of one referral for each 150 soldiers assigned to the command is met. If the command has less than 150 soldiers that command is still responsible for at least one referral.

I encourage you to get actively involved in this program. Their efforts will be recognized. Any soldier who refers an applicant and the referral results in an enlistment into the Army or Army Reserve will receive a certificate from the Sergeant Major of the Army (SMA). Any soldier who refers three or more people and those referrals result in three enlistments will receive a coin from the SMA. The recognition program will be monitored by the USAREC on a quarterly basis. At the end of each fiscal year the CSA and the SMA will invite the soldier who provided referrals that resulted in the most enlistments along with his/her CSM or SGM to the Annual CSA, Recruiter of Excellence Award Ceremony in Washington, DC where they will be personally recognized.

You can make a tremendous impact by providing referrals to the SMART Program. In FY 2000 The United States Army Reserve referred 7,519 individuals. This resulted in 175 Army Reserve enlistments and 55 Army enlistments. Quite an accomplishment when you consider that we did not begin our contribution to the program until the third quarter of the fiscal year.

Remember you can only get credit for a SMART referral through the web site

http://www.usarec.army.mil/hq/smart/index.htm.

Effective immediately social security numbers must be used to insure proper credit for enlistments. I look forward to seeing one of you in Washington, DC at the awards ceremony.

7th ARCOM Visit

Photo by Lt. Col. Burt Masters

Sergeant Major of the Army Reserve, Command Sgt. Maj. Alex Lackey shakes hands with Lt. Col. Jordanco Miladinovksi, a Macedonian Army officer. Sgt. Maj. Mikel W. Dawson, Headquarters, 7th Army Reserve Command Operations section (left) and Lt. Col. Blagojco Pejcinov observe. The Macedonian officers were visiting the 7th ARCOM headquarters in Schwetzingen, Germany, for an orientation of the U.S. Army Reserve and 7th ARCOM, as part of the European Command's Joint Contact Team Program.

History made

Leaders of Army Reserve, National Guard don third star in historic first

Photos by Master Sgt. Vicki Washington

(L-R) Army Chief of Staff, Gen. Eric K. Shinseki, with the help of Elizabeth Plewes, pins on Lt. Gen. Thomas Plewes' third star. Plewes accepts his 3-star flag from Shinseki. The Chief of Staff praises Plewes and his National Guard counterpart for their achievement.

By Lt. Col. Randy Pullen

WASHINGTON (June 13, 2001)—Hundreds of Army Reservists and Army National Guardsmen saw history made on the eve of the Army's 226th birthday.

Lt. Gen. Thomas J. Plewes had the three stars of his new rank pinned on by Army Chief of Staff Gen. Eric K. Shinseki and by Plewes' wife, Elizabeth, during a June ceremony held in the Pentagon courtyard. He is the first three-star Chief, Army Reserve, in the Army Reserve's 93-year history.

Also promoted to three-star rank during this ceremony was the Director of the Army National Guard, Lt. Gen. Roger C. Schultz. He is the National Guard's first three-star Director.

"It's a great day for the Army and a great day for the Plewes and Schultz families as we recognize the achievements of these two general officers and promote them to Lieutenant General," Shinseki said. "The Army is privileged to have great officers like Tom Plewes, Chief of The Army Reserve, and Roger Schultz, Director of The Army National Guard, leading our magnificent citizen soldiers."

"Two years ago, we made a bold declaration - - that we were "The Army - - totally integrated, with a unity of purpose - - no longer the total Army, no longer the one Army." We acknowledged our components and their unique strengths and made it clear that we would "march into the 21st century as The Army," Shinseki said. "Today, that's exactly what we're doing, and today's ceremony is symbolic of the unity our Army has demonstrated over the past two years, serving "on point" for the Nation."

Shinseki also reminded the audience that there were good examples of The Army unity from the Army's past.

The Chief of Staff discussed how much the Army and

Photos by Master Sgt. Vicki Washington

(Above) In attendance was Lt. Gen. Thomas Plewes' hometown mayor, Mayor Les Hoogland of Zeeland, Mich. (Right) Trisha Lackey and Command Sgt. Maj. Alex Lackey pose with the Plewes' while Maj. Gina Bonini looks on. (Below)Newly promoted Lt. Gen. Roger Schultz, Director of the Army National Guard, and Lt. Gen. Thomas Plewes, Chief, Army Reserve.

Photo by Master Sgt. Bob Haskell

the Nation relies on its reserve components and how much they — like their active Army counterparts — are on point around the globe in places like Kosovo, Bosnia, East Timor, South America, the Philippines and Korea. In all, there are 64 countries to which Army Reserve and Army National Guard soldiers have deployed in the last two years.

The Army Chief of Staff highlighted a few things from the careers of both Plewes and Shultz before ordering their promotion orders read. He praised Plewes for his efforts to ensure Army Reserve soldiers understand and internalize the Army Vision and the Army Reserve's role in Army Transformation.

Shinseki also noted Plewes' leadership during the many achievements attained by the Army Reserve in recent years, exceeding recruiting goals, raising readiness to its highest levels in history, making itself into a force that looks like America and becoming more relevant — and busier — than ever.

The Army's newest lieutenant general, Thomas Plewes, general thanked Shinseki for his continuous support of the Army Reserve. He also thanked Congress for its commitment to citizen soldiers and gave special thanks to several Members of Congress who had been instrumental in making the long-standing dream of three-star reserve chiefs a reality.

Plewes also thanked his hometown mayor, Mayor Les Hoogland of Zeeland, Mich., who was present at the ceremony and noted that this town of 6,000 turns out twice that number of people every year for the Memorial Day parade to honor veterans.

He also expressed his appreciation to the service associations, such as the Association of the United States Army and the Reserve Officers Association, and to former Assistant Secretary of Defense for Reserve Affairs Charles L. Cragin for fighting to make this day happen. He graciously thanked the trailblazers in the Army Reserve who had brought the Army Reserve to its present high level of readiness and relevance, to include the six previous Chiefs, Army Reserve, present at the ceremony.

The newly promoted lieutenant general warmly thanked his partner and best friend, Elizabeth Plewes, saying that without family support, none of what we do is possible. He also thanked his children and mother.

His biggest thank-you was saved for the end.

"To all the men and women of the Army Reserve, who are represented by the local reservists and the OCAR staff here today, I thank you for all that you do every day and in every way for your country, "Plewes said. "You make your leadership look good."

"Every day is a great day to be a soldier, " Plewes said. "Today, it feels especially great to be a soldier in the Army Reserve!"

"I can't help but think that this event is in recognition of the growing respect for the Army Reserve and the Army National Guard. Today is a visible demonstration of the appreciation of the national leadership in what the Army Reserve has done and continues to do for the Nation."

"I pledge myself, as I renew my service this afternoon, to providing that leadership and support, Plewes said.

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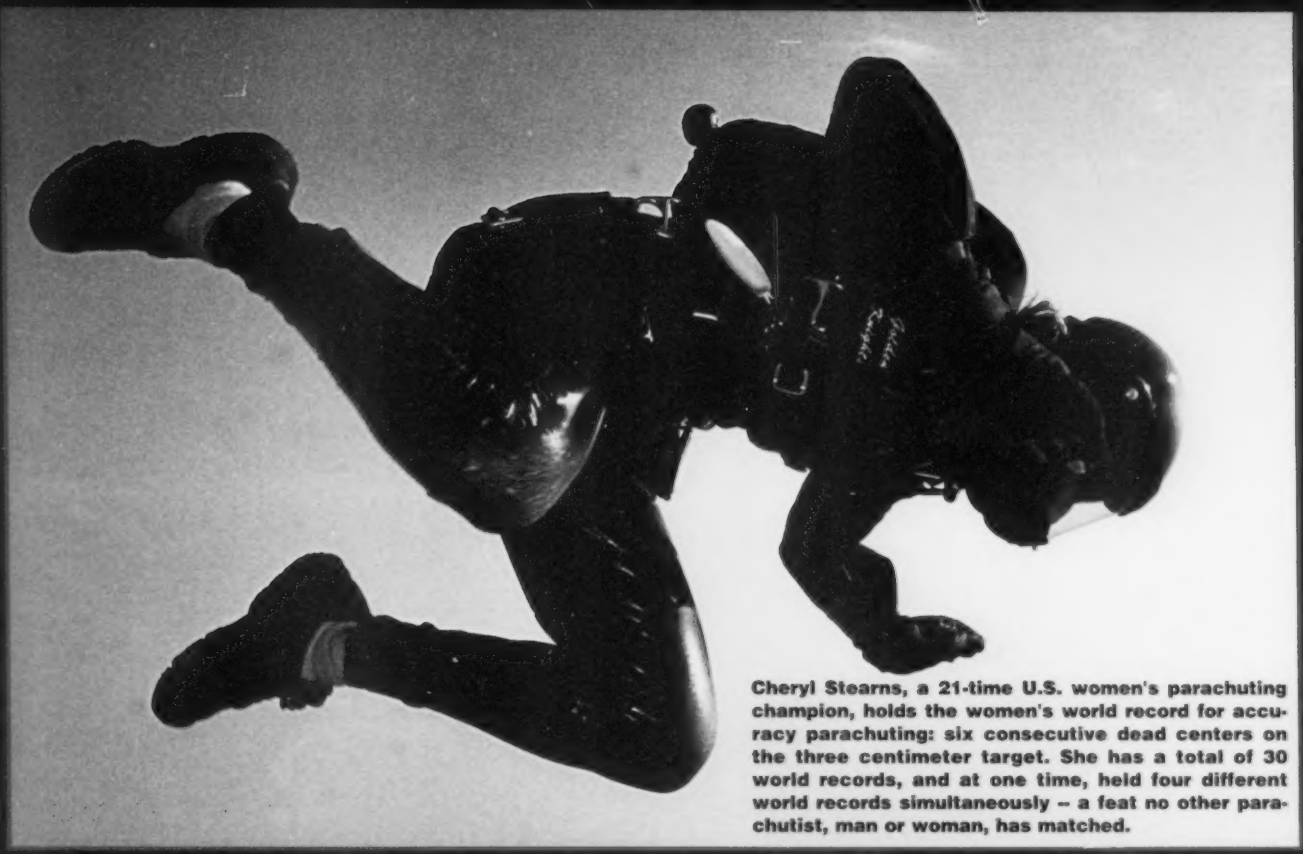
Jumping for the record



Cheryl Stearns, a 21-time U.S. women's parachuting champion, holds the women's world record for accuracy parachuting: six consecutive dead centers on the three centimeter target. She has a total of 30 world records, and at one time, held four different world records simultaneously -- a feat no other parachutist, man or woman, has matched.

Story by
1st Lt. Steven J. Alvarez

Photos courtesy
Cheryl Stearns

A parachute blossomed safely over Cheryl Stearns' head the 73 previous times she hurled her body earthward from an aircraft. Her 74th jump began the same way — she stepped off a mechanically sound airplane and was embraced by the crisp, arid vastness of the Arizona sky that she often fell through at 120 mph. The similarities ended there.

Jumping for the record

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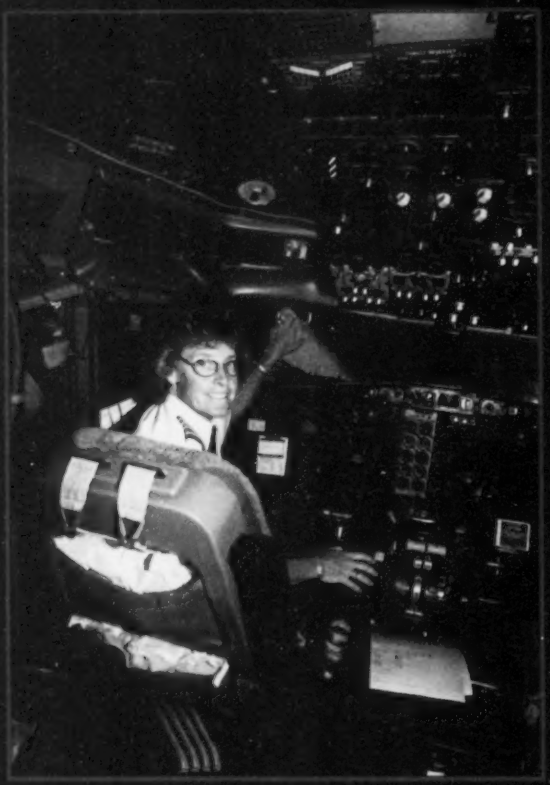


Stearns is a full-time airline pilot and captains a Boeing 737-200 for US Airways.

"A streamer"

After several seconds, Stearns, an Army reservist assigned to the U.S. Army Special Operations Command and attached to the U.S. Army Parachute Team at Ft. Bragg, N.C., pulled her ripcord, but instead of feeling the violent jolt of the parachute harnessing air and slowing her fall to a float, she looked up and saw "a streamer," a parachutist's term that to laymen means trouble.

"I pulled at 2,500 feet—stuff came out, but it wouldn't open," Stearns said. In her brain began the methodical and often machine-like thought process of dealing with catastrophic equipment failure during a freefall. "My mind wasn't trained to say, 'hey, you're in freefall and you're smoking it down here," she said.

Stearns calmly thought through her checklists as the parachute flailed above her head with the earth drawing closer. She "cut away" her failed chute and aimed her back toward the ground, a position that allows for the easy deployment of the reserve chute.

"I pulled my reserve and FOOM, it opened up," Stearns said, imitating the parachute's deployment by holding her hands close together and then mushrooming them out beyond shoulder-width. "I turned around and landed on the ground. I had about a seven-second canopy. I was about 200 to 300 feet above the ground when the chute opened," she said. "When I got on the ground I absolutely lost it. People thought I bounced. I just stood there and said, 'you almost killed yourself, you almost killed yourself!' If I had waited one more second to pull, I would have impacted," she said.

A champion

Stearns didn't impact, but she would impact the world of skydiving forever after surviving her close call. She is undoubtedly one of the most well known Army Reservists and she is the most decorated skydiver in the world. She's the current and 21-time US women's skydiving champion. She has 30 world records and at one time held four different world records, a feat no other parachutist has ever accomplished. She has a dizzying 14,000 jumps to her credit.

In 1995, Stearns jumped into the Guinness World Record books and marked her page in history by logging the most parachute jumps for a woman in 24 hours.

In 2002, she will go for yet another record. She hopes to be in a 365-foot polyester balloon on the edge of space 24 miles up and looking down on earth.

The jump will take Stearns higher than any other person has jumped. The previous record was set in 1960 and stands at 102,800 feet.

"The biggest thing that I'm looking forward to is sitting in that open gondola, with the doors open and

Taking The Leap

watching the earth go away," Stearns said with anticipation in her voice. Although the jump is more than one year away, she acts as if she is jumping in a few minutes. "Can you see yourself 24 miles high and riding up?"

Stearns will break the sound barrier in her record-setting jump as she plummets toward the earth at more than 800 mph. She will don a pressurized suit similar to what astronauts wear on space walks that will protect her from temperatures that can reach minus 90 degrees. She will have life support systems and a helmet with a heads-up-display showing altitude, global positioning system readings and her orientation to the earth.

However, before Stearns can jump from 130,000 feet, she has to get there. A balloon constructed of a tough polyester film called Mylar will deliver her to the edge of space. The balloon is designed to withstand the high-radiation and sub-zero temperatures of the upper atmosphere and Stearns will pilot it.

Airline pilot

Although Sgt. 1st Class Stearns is a 92A, a supply/logistics non-commissioned officer with the Army Reserve, she is a command pilot for US Airways and she has logged nearly 15,000 hours in the cockpit. She has been piloting aircraft for 28 years.

"If I had my choice, I would much rather fly aerobatics than from point A to point B. I want to fly an airplane. I want to fly a parachute and know what the limits are to that thing," Stearns said. "I want to do the turns and loops, right side up, upside down and turn that airplane inside and out. That's real flying to me," she said passionately, but still keeping her calm demeanor as she twisted and turned her hands to imitate an airplane.

"It took me 13 years to get the top position as a pilot," Stearns said. She is a captain and one of the most senior pilots flying for the airline in the mid-Atlantic region. "It's like making general finally," she said. Stearns said that some view her job as a "glorified bus driver," but Stearns disagrees. "I see it as someone who's taking an $85 million airplane and 120 people safely to where they need to go with the knowledge that I have," she said.

Stearns' 28-year love affair with flight began in Arizona when she was 17. She begged her mother for the money to jump from an airplane, but what should have been one jump turned to several, and several turned to hundreds and then thousands.

Sergeant Major of the Army Reserve Command Sgt. Maj. Ray Lackey meets with Sgt. 1st Class Cheryl Stearns during one of her visits to Washington, D.C.

Photo by Master Sgt. Vicki Washington

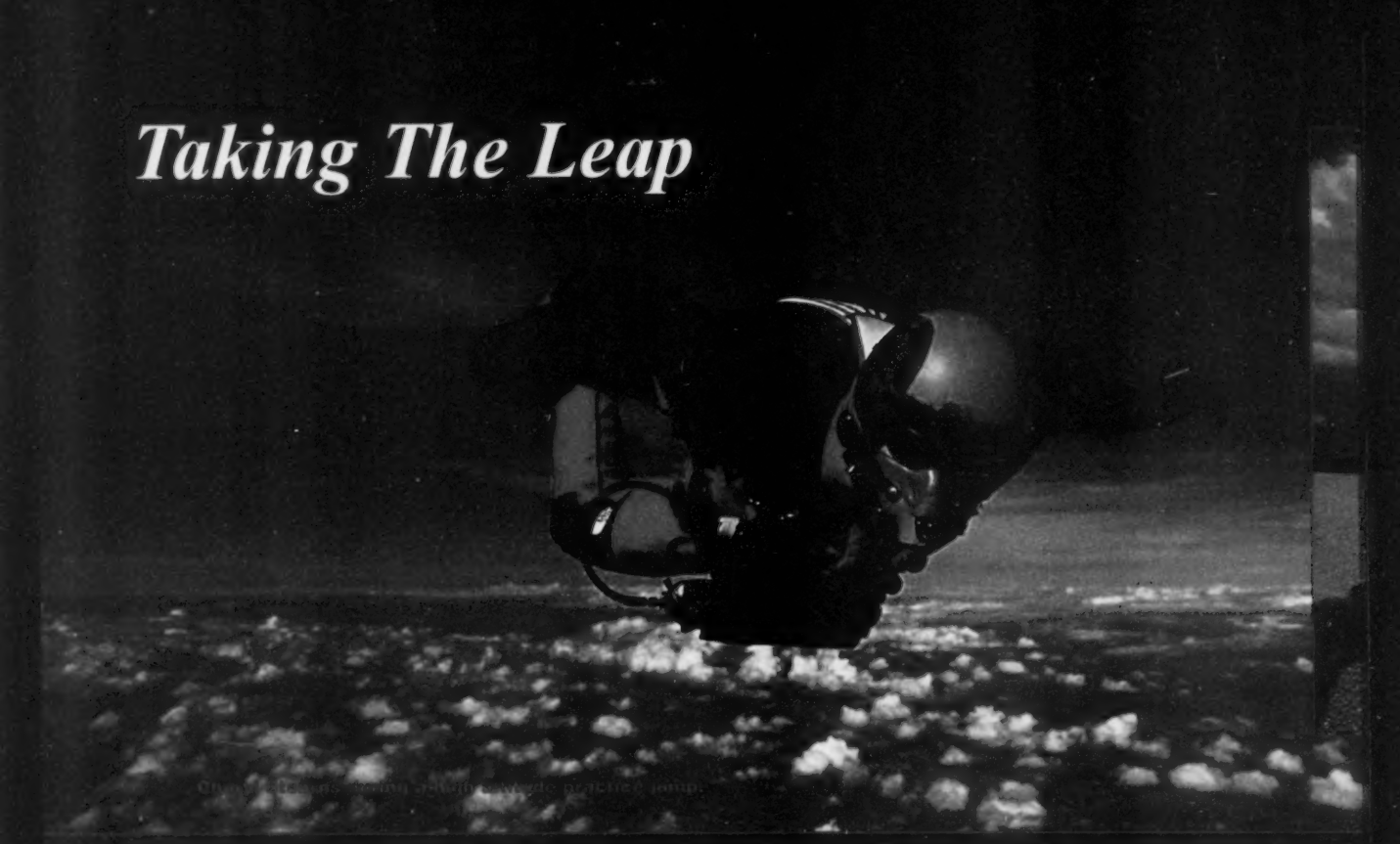
"I didn't want to be on the team just because I was a woman...I wanted to be on the team and be recognized as the best person on the team.

"I always wanted to jump. I always wanted to know what a 120 mph freefall was like," Stearns said. "It was a problem getting my parents to sign the permission slip. My mother finally signed the slip and she gave me the 40 bucks to make my first jump," she said. "I was just going to make the one jump, but you had to do a static line before you could freefall, so you had to wait until 20 jumps to make your 30-second delay jump. And I said, 'when I get to that point, then I'll quit.'"

She never did quit. She started jumping regularly and as she was flown from the ground to jumping altitude, she began to experience anxiety over her flights.

"During the course of that, I was

Taking The Leap



very interested in how the airplane operated," Stearns recalled. "I'd ride up in the airplane and I wasn't afraid of jumping, I was afraid of riding in the plane. That was the scary part. It was fear of the unknown. I wasn't educated enough on the aviation side of things. When I went flying for my first lesson in flight school, I felt so naked without a parachute on my back," she said.

Confronting fears

Stearns told her father she wanted to learn how to fly to confront her fear of the unknown. Several months after she asked her father for assistance with the tuition for flight school, she was in the cockpit. Three months earlier she had learned how to exit an aircraft in mid-flight and now she would learn how to fly them.

Several years ago, her father revealed his motivation for sending her through flight school. He thought if he could get her behind the controls of an aircraft, he could keep her from strapping on a parachute. He was wrong. He only helped her find another way to stay up in the air.

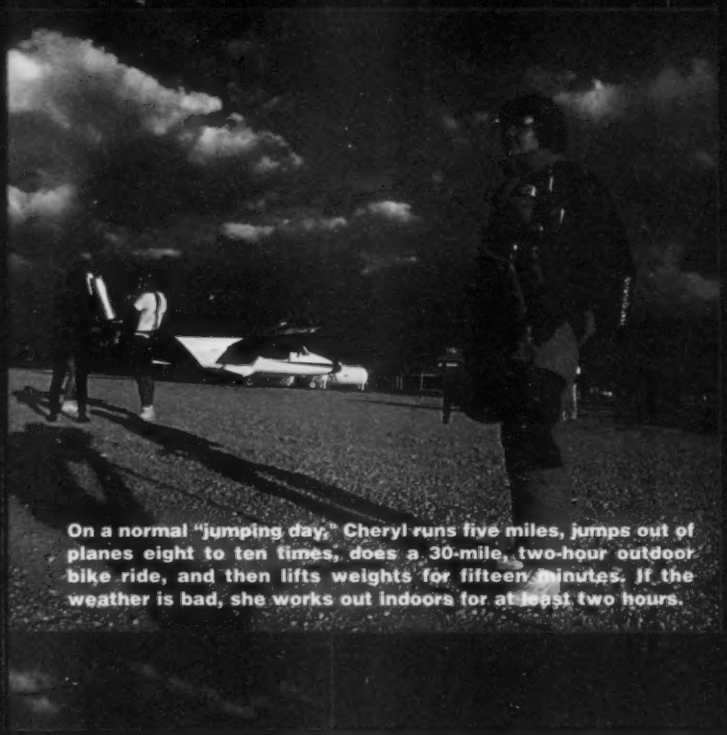
"He was trying to divert my attention in another direction. He thought if I would fly, I'd quit jumping. He wasn't in favor of me jumping out of airplanes," Stearns said.

But Stearns has soared as a parachutist and as a pilot. She has reached heights that most can only imagine. She became the first woman to join the Golden Knights in 1977 where she would serve for nearly eight years and for three years would be the only woman on the team. She spent nearly four years on the team in her first enlistment and later rejoined the Knights from 1982-1985 on her second hitch. She's been an Army Reservist since 1994.

Stearns thought the Army would be a good fit with her when she saw the Army Parachute Team at a skydiving competition. She saw the Golden Knights and thought, "That's what I need to do, get paid to do a job I would love to do." She visited an Army recruiter, but she quickly realized that her desire to join the Golden Knights would run through some turbulence.

"They (recruiters) said, 'That's impossible because you can't join the Army just to be on the Army Parachute Team, and you can't join the team because you're a female,'" Stearns said. The Army didn't allow women into airborne training until the mid-1970s and women were precluded from joining the team until 1977 when Stearns, with world championships under her belt, finally earned her spot on the Golden Knights. She has since served in all three components of the Army throughout her 24-year military career.

"I didn't want to be on the team just because I was a woman," Stearns said. "I wanted to be on the team and be recognized as the best person on the team," she said. "I was beating everyone out there. I was beating all the men out there in the world and that's what I wanted my position to be based on," she said.



On a normal "jumping day," Cheryl runs five miles, jumps out of planes eight to ten times, does a 30-mile, two-hour outdoor bike ride, and then lifts weights for fifteen minutes. If the weather is bad, she works out indoors for at least two hours.

Photo by 2nd Lt. Steven Alvarez

Stearns [illegible] fellow teammates prior to jumping [illegible] A.F.B. Joint Service Open Ho[illegible]

The right stuff

Stearns' competitive spirit quickly consumed the team. Her desire to be the best made the team more cohesive. "They weren't battling against me. It made us all pull together," she said of her teammates.

"I didn't have the problems other women have faced when they're the first female in a unit with harassment and things like that," she said. "I didn't have those problems."

In addition to being the first female soldier on the Golden Knights, Stearns said she was unofficially the first female soldier to complete HALO (high altitude low opening) training. With world titles and hundreds of jumps to her credit, the school's commander allowed her to attend training, but she wasn't officially recognized as a graduate until three years later after other female soldiers officially went through the program several years after Stearns had completed her HALO training.

"The military has changed a lot. You can basically do any job," Stearns said. "I wanted to go to Ranger school back in '77. I was a hard-charger. I was a lightweight person, but I was strong. I couldn't do it because I was a woman," she said. But, she added hopefully, women would enter combat roles "in our lifetime."

Ranger school was just one of the many things Stearns wanted to do in her military career. She naturally wanted to fly Army helicopters, but was disqualified because of her poor vision. She had her vision surgically corrected when she separated from active duty and underwent several years of "demonstrated ability" evaluations to get behind the controls of the 737 airplanes she now flies for the airline.

Making the grade

Stearns did eventually medically make the grade to qualify for military flight school. While in the National Guard, she was selected for warrant officer flight school, but her already busy schedule as a commercial airline pilot and as a competitive parachutist forced her to weigh her priorities and decline Army flight training. However, she would make the move back to the Army Reserve and continue to collect a paycheck from the Army for doing a job she loved to do. She returned to where her military career started and began to jump again with the Golden Knights.

"If I had to give up one or the other, I couldn't. When I'm done jumping, I'm ready to go fly an airplane and at the end of flying, I'm ready to go jump out of an airplane," Stearns said. "I can't say what I would give up. I couldn't give up either one of them."

Going for the record

In April 2002, after preparing for eight months, Stearns, who flies about 700 hours per year and jumps approximately 600 to 700 times per year, will climb into a balloon and pilot it to the rim of space. In the frigid, thin air she will break away from her open gondola and begin her

See STEARNS, page 59

Army Updates

New subsistance pay available for some junior-enlisted families

WASHINGTON—Help is now available for some junior-enlisted Army Reserve families feeling a "financial pinch" and struggling to keep food on the table but too proud to accept food stamps.

As of May 1, low-income Active Guard and Reserve (AGR) and Troop Program Unit (TPU) soldiers can apply for the armed forces' new nontaxable monthly Family Subsistence Supplemental Allowance (FSSA) of up to $500.

The new allowance became effective May 1st, for low-income servicemembers including AGR and TPU soldiers on extended active duty with dependents. The program can increase the members Basic Allowance for Subsistence (BAS) payment between $100.00 and $500.00 per month.

Eligibility criteria, is based upon the member's household size and the total household income. If the household is within 130 percent of the poverty line as described by the U.S. Department of Agriculture (USDA) for a household of a given size, that member is entitled to FSSA. The FSSA program increases a member's BAS by an amount intended to remove the member's household from eligibility for benefits under the USDA food stamp program. Since FSSA is an increase to BAS it is not taxable.

DoD officials estimate roughly 5,000 service members receive food stamps. Officials think perhaps 1,000 more people will be eligible for FSSA than currently use food stamps because the DoD program is available to military members serving overseas, while food stamps are not. Also, there are circumstances in which a service member could qualify for both the new allowance and food stamps.

For more information on the FSSA, visit the program's home page at:

www.dmdc.osd.mil/fssa.

Optional retirement plan opens to Reservists

WASHINGTON—Beginning in October, Army Reservists along with other servicemembers can begin to sign up for a retirement and investment plan that has been available to civilian government workers since 1987.

Congress extended the Thrift Savings Plan (TSP) to include service members in 2000. Uniformed members of the Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service, and the National Oceanic and Atmospheric Administration serving on active duty and members of the Ready Reserve or National Guard of those services (as applicable) in any pay status can contribute to the TSP.

"It's in addition to your regular retirement," said Army Lt. Col. Tom Emswiler, a tax expert with DoD's Office of Military Compensation. "It's an optional program."

The open season for signing up will run from Oct. 9 to Dec. 8. Deductions start in January 2002 during which service members can contribute up to 7 percent of their basic pay. The maximum amount service members can contribute from basic pay will change. The current limit of 7 percent of basic pay will rise to 10 percent by 2005 and become unlimited in 2006.

Unlike civilians, who cannot make lumpsum payments into the program, service members may also contribute all or a percentage of any special pay, incentive pay, or bonus pay they receive.

"You can contribute from 1 percent to 100 percent of your special pays, incentives and bonuses into the thrift plan," Emswiler said.

The total amount generally cannot exceed $10,500 for the year. Contributions from pay earned in a combat zone do not count against the $10,500 ceiling. Combat zone contributions are subject to a different limitation, however, 25% of pay or $35,000, whichever is less.

Like civilian employees in the program, service members must choose how they want their money invested. Right now, there are three funds to choose from. The funds run the gamut of safe — the G Fund invests in special government bonds — to riskier investments — the C Fund tied to the stock market. There is also an F Fund for investing in commercial bonds.

TSP will unveil the new S and I funds in May. S Fund investments go to a stock index fund that paces small businesses. I Fund investors will track international companies the same way.

Service members will be able to start, change or reallocate their TSP contributions during two open seasons held each year. These are November to January and May to July.

Contributions to the plan come from "pre-tax" dollars. Service members pay no federal or state income taxes on contributions or earnings until they're withdrawn.

The services will have teams visiting members to explain the program. Until then, see the thrift plan's uniformed services page at www.tsp.gov/uniserv/index.html for more information.

(Jim Garamone is with the American Forces Press Service)

Employee/Members Self Service (E/MSS)

The Defense Finance and Accounting Service (DFAS) is offering a new service to all Army Reserve, active military, and DOD civilian employees, to include, military retirees and annuitants. The service is called the Employee/Members Self Service (E/MSS) application.

The system allows DOD customers to access pay records and update certain payroll information online, eliminating the need to fill out paper forms.

To use the system, eligible users will access it via the internet using a personal identification number (PIN) being sent by mail. The letter containing the pin will also provide the web address and IVRS phone number needed to access E/MSS.

Users can visit the E/MSS site at https://emss.dfas.mil, or through an Interactive Voice Response System (IVRS) using a touch-tone phone by calling 1-877-363-3677.

Currently the system will allow for changes to be made for federal withholding and direct deposit or electronic funds transfer (EFT) information. Users also have the ability to view and print the Leave and Earnings Statement (LES).

Future changes to the system will allow users to make state tax changes, view and print wage and tax statement (W2), and active duty soldiers as well as civilian employees will be able to start, stop, or change savings bonds.

The E/MSS customer support unit (CSU) is open Monday through Friday 7 a.m. to 7:30 p.m. Eastern Time and can be reached at 1-800-390-2348. The CSU will answer any question relating to E/MSS, including non-receipt of PIN numbers. For additional information visit:

http://emss.dfas.mil.

Government charge card undergoes charges

By Maj. Eileen Harley

WASHINGTON-Bank of America travel charge card policies have undergone a change following a new contract between Bank of America and the Department of Defense.

Bank card users will now be assessed a late fee of $29 after the account goes past 75 calendar days delinquent, and monthly thereafter until past due balance is paid in full.

Cash and credit lines have also been decreased: Standard account limits are $250 cash and $2,500 charges (previously $500 and $4,500). Restricted account limits are $125 for cash and $1,000 charges (previously $200 and $1,050). These limits will be phased in over a transition period, and may be increased by the APC, with supervisory approval, if needed to meet mission requirements.

In the future, a salary-offset procedure will be established to collect undisputed amounts due to the card company from a traveler's pay account. Bank of America will not seek or accept "credit loss fees" for any accounts recovered under salary offset.

Other changes such as a $20 fee for FedEx delivery of cards will be assessed. The fee is reimbursable on the travel settlement voucher if the expense is authorized or approved by the order-issuing official.

Split disbursement will become the default payment vehicle for travel settlements. If the traveler does not specify an amount to be sent to the traveler, the entire travel settlement will be sent to the card company and the bankcard company will refund any overpayment to the traveler.

Fees that will now be charged to bankcard users include: a $29 returned check fee and the ATM cash advance fee increases to $2 or 3%, whichever is greater (previously, fee was 1.9% of cash withdrawal).

New travel rules for Reservists

The U.S. Transportation Command at Scott Air Force Base has announced an expansion of space-required travel options for reservists traveling for inactive duty training worldwide. Air Force Print News reports that thanks to the recently enacted Public Law 106-65, Reservists can now travel on Department of Defense aircraft worldwide in a space-required status from their home to their authorized IDT assembly when performing IDT training.

The travel eligibility is nonchargeable if the Reservist moves on DoD aircraft. This change will be incorporated in the next update of DoD regulation 4515.13-R, Air Transportation Eligibility. Seat reservations can be made 30 days in advance of travel for certain destinations, and Reserve members must provide written authorization for travel. Individuals cannot use this travel in conjunction with man-days and annual tours. For more information, members should contact their local reserve unit advisor.

Cribbins Scholarship available to Reservists

WASHINGTON—Army Reservists

have another option available to them to help pay for their college education.

Association of the United States Army officials recently announced that candidates may apply now for the school year 2001-2002 Cribbins scholarship. Gen. Gordon R. Sullivan, U.S.Army, Retired and AUSA president, instituted the Joseph P. and Helen T. Cribbins Scholarship in honor of its benefactors in 2000.

The $2,000 scholarship is awarded to provide financial assistance to current or former soldiers entering an accredited college or university and pursuing a degree in engineering or a related field. The scholarship will be presented on the basis of academic merit and personal achievement to a soldier serving in the active Army, Army National Guard or U.S. Army Reserve, or who has been honorably discharged from any component of the total Army.

To apply, the applicant must:

* Show that he or she has been accepted as a freshman to an accredited four-year college or university. Those soldiers accepted to a military academy are not eligible.

- Applicants must complete the form and return it to AUSA at the address below no later than Aug. 15, 2001.

Proof of acceptance as a freshman to an accredited four-year college, a transcript of high school (or equivalent) grades and, in the case of a former soldier, a copy of the DD214 must accompany the application.

Joseph Cribbins, acknowledged as one of the foremost experts on aviation logistics, retired from the Army as a civilian employee on Aug. 3, 1992. He retired from the Army in July 1966 after serving in the Pentagon as a specialist on tactical air mobility and logistics. He was awarded the Distinguished Service Award by AUSA in 1992 for his "fifty-two years of outstanding and exceptional service to the United States Army and his lasting contributions to Army aviation."

To apply for the scholarship, write to: Association of the U.S. Army, Corporate Secretary Attn: Cribbins Scholarship, 2425 Wilson Blvd., Arlington, VA 22201.

SMP makes dollars and sense!

If you are already in the U.S. Army Reserve, and don't take 5 minutes to read this, you could be throwing away more than $20,000.

Recent changes instituted by the Chief of the Army Reserve, Lt. Gen Thomas Plewes, allow Army Reservists who are college students to receive the Montgomery GI Bill (MGIB) Kicker. That means the Army Reserve pays you $263 per month for the MGIB, along with your drill pay. Once you have 54 credit hours you can enroll in Military Science.

As a contracted cadet the Reserve Officer Training Corps (ROTC) pays you as a member of the Simultaneous Membership Program (SMP). Cadet Command pays you a $250 per month stipend.

As an Officer Trainee, the Army Reserve will pay you the MGIB Kicker ($350 per month) and you will get Sergeant (E5) or your current rank pay at each drill, which ever is higher ($184 for a MUTA 4). That works out to around $1,047 per month just for taking ROTC and going to one weekend drill per month.

If you're wondering what the catch is, there isn't any. You do not have to go active duty and you are guaranteed, before you sign any ROTC contract, that you will stay in the Army Reserve as a second lieutenant.

So stop by the ROTC department at your college and get all the details or visit the ROTC web site at www.armyrotc.com to find a ROTC program near you.

OCS opportunity for enlisted TPU members

ST. LOUIS-The annual memorandum of instruction (MOI) and application packet for Officer Candidate School (OCS) is now available on-line at the Army Reserve Personnel Command's new web site at:

www.2XCITIZEN.usar.army.mil.

The MOI and packet will no longer be mailed to general officer commands for distribution. Enlisted Troop Program Unit (TPU) members interested in applying for acceptance into the Officer Candidate School Program can find this detailed information under the "publications" section of the 2Xcitizen site.

OCS provides TPU enlisted soldiers the opportunity to use their enlisted experience in their new role as commissioned officers in the Army Reserve. The program offers two methods of attendance. The federal program is a 14-week course conducted at Fort Benning, GA. Additional information about this option is available at the U.S. Army Officer Candidate School web site at

The second option is the National Guard's three-phase program conducted over a 14-month time period:

Phase One: Two-week Active Duty for Training period.

Phase Two: Twelve months of weekend training assemblies at the state academy in lieu of unit drills.

Phase Three: Two-week Active Duty for Training period.

Additional information about the OCS program is available in the Career Guidance section of the 2Xcitizen web site.

Board considers AGR officers for extended service

WASHINGTON—The Chief, Army Reserve, has directed that a board be conducted to consider eligible Active Guard Reserve (AGR) officers for extension beyond 20 years of active federal service (AFS).

By extending AGR officers beyond 20 years AFS, the Army Reserve will be able to take advantage of the talents and experience of officers who until now, for the most part, have had to leave the AGR Program upon reaching 20 years AFS. Members of the AGR Program and other full-time support soldiers and civilians are essential to the Army Reserve's ability to maintain its current high readiness levels and for increasing those levels even more.

Lt. Gen. Thomas J. Plewes has further directed that this board be held June 18-22, at the Department of the Army Secretariat (Reserve Component) in St. Louis, Mo.

This board will consider AGR officers with 18 or more years of AFS, as of June 1, 2001, for extension beyond 20 years AFS. The board will establish an Order of Merit List (OML), which will be forwarded to the Chief, Army Reserve, for final approval. All extensions will be based on the needs of the Army Reserve AGR Program.

Some 330 officers are eligible to apply for extension. Packets with detailed instructions and procedures for applying for extension were mailed to those eligible in March, which should allow sufficient time to complete and return the packets to the board.

(Lt. Col. Randy Pullen is with the Public Affairs and Liaison Directorate, Office of the Chief, Army Reserve)

New TRICARE program to boost dental readiness of Reservists

By Sgt. 1st Class Kathleen T. Rhem

ARLINGTON, Va. (American Forces Press Service)—TRICARE's new dental insurance program will help ensure reservists are ready to deploy when they're called, DoD medical officials said.

"We want to encourage a higher level of dental health and dental readiness than we saw during Desert Storm/Desert Shield," Navy dentist Dr. (Capt.) Lawrence McKinley said. McKinley is senior consultant for dentistry for the TRICARE Management Activity and the Office of the Assistant Secretary of Defense for Health Affairs here.

The new TRICARE Dental Plan went into effect Feb. 1. It replaces the TRICARE Selected Reserve Dental Program and provides reservists and their family members the same dental benefits package that is available to families of active duty service members.

The new program will also help the reserve components meet a 1998 DoD requirement that says they must document an annual dental screening for all their service members.

Martin said the requirement for yearly screenings poses several problems. "Most reserve components don't have the infrastructure to perform annual dental exams," he said.

Even for those units that have embedded dental assets, spending valuable drill weekends providing routine screenings can degrade their skills.

"If they're not part of a field unit, their go-to-war mission is to provide emergency care, not screenings," said Martin.

He also noted that the reserves are a geographically diverse force. Only 20 percent to 25 percent of reserve units are located within a reasonable distance to a DoD medical facility.

Increasing readiness isn't the only reason DoD officials wanted to make the TRICARE Dental Plan available to reservists and their families. "The total-force concept is important. We're all one family," McKinley said. "We wanted to make this quality-of-life benefit accessible to the reserve community as well as the active duty community."

For more information on the TRICARE Dental Program, visit http://www.tricare.osd.mil/tricare/beneficiary/supprog.html

(Sgt. 1st Class Rhem is with the American Forces Press Service, Washington, D.C.)

Is Your Boss a Patriot?

Army Reservists know the value of having a good working relationship with their civilian employer when they have to ask for time off for weekend drill, Annual Training, and especially to deploy to Bosnia or Kosovo.

Maybe you've had to ask for time off during an employer's busiest period, or when a hot project had to be completed, or in the summer when other employees were trying to take vacation. But each time, your employer supported you and made it easy for you to serve in the Army Reserve.

Now's your chance to thank your employer by nominating him or her for a "My Boss is a Patriot" (MBIAP) Certificate of Appreciation, through Employer Support of the Guard and Reserve, or ESGR.

ESGR, a Department of Defense agency under the Assistant Secretary of Defense for Reserve Affairs, conducts a program to recognize employers who support a strong National Guard and Reserve force. Employers qualify for recognition when they practice personnel policies that support employee participation in the National Guard and Reserve.

Only you – and other National Guard and Reserve members – can nominate your employer for a MBIAP certificate.

Nominations for the MBIAP

Certificate of Appreciation may be sent to ESGR by mail, fax or via the online form on the ESGR Web site www.esgr.org.

Every nominated employer will receive the MBIAP award and a Patriot lapel pin. The certificate is sent to your unit commander or your local ESGR committee, along with suggestions on how to best present the award and how to get the event published in your local newspaper.

Depending on the degree of support and the strength of the written comments you provide on the nomination form, your employer may also be considered to receive higher-level employer support awards. One is the Secretary of Defense Employer Support Freedom Award. This is ESGR's most prestigious award, presented annually to the top employers throughout the nation. It recognizes unique support to National Guard and Reserve employees, above what is expected by law.

Judging by the volume of nominations each year, a lot of employers are supporting their employees who are also members of the National Guard and Reserve. In 2000, ESGR headquarters processed more than 11,100 MBIAP awards.

Please allow 30 to 45 days to process a MBIAP award request.

For more information, please go to the ESGR Web site at www.esgr.org, then click on Online Forms. You may also call ESGR headquarters at (800) 336-4590 if you'd like to learn more about other ESGR services and programs.

VA Creates New Center for Veteran Entrepreneurs

WASHINGTON—The Department of Veterans Affairs (VA) marked the expansion of its efforts to help veteran-owned businesses with the dedication today of the Center for Veterans Enterprise by Secretary of Veterans Affairs Anthony J. Principi.

The new center will extend VA's services to veterans who own – or who want to start – their own businesses. Veterans can call or e-mail the center to receive assistance from a national network of business specialists. Information will be available about loans, business management programs, online training for entrepreneurs and procurement opportunities with federal, state and local agencies.

There are 22 million businesses in the United States. The new center estimates that 5 million are owned by veterans. Plans are underway to register each veteran-owned business and advise owners of opportunities to do business with the federal government. Under this program, a veteran-owned business has 51 percent of the business controlled by a veteran.

The Veterans Entrepreneurship and Small Business Development Act of 1999 (Public Law 106-50) expanded VA's authority to counsel veterans about self-employment and business expansions. The Center for Veterans Enterprise originated as part of the legislation. Following passage of that act, VA, the Small Business Administration and the Association of Small Business Development Centers signed an agreement to work together to assist veterans with new business opportunities.

Anyone interested in the Center for Veterans Enterprise can contact the

Army Reserve seeks NCOs to serve as full-time recruiters

By Maj. Jon Dahms

WASHINGTON—In an effort to attract quality non-commissioned officers to serve as full time recruiters, the U.S. Army Reserve has begun to conduct Active Guard and Reserve (AGR) Recruiter Career Forums at locations across the United States.

Hiring recruiters is currently the number one priority for the Active Guard and Reserve Program. These forums will be conducted in major metropolitan areas throughout the United States during the remainder of the year.

See dates and locations on the table below:

Date	Location
06 - 08 July 2001	Kansas City, Mo.
13 - 15 July 2001	Chicago, Ill.
13 - 15 July 2001	Los Angeles, Calif.
20 - 22 July 2001	Seattle, Wash.
27 - 29 July 2001	New York City, N.Y.
03 - 05 August 2001	Detroit, Mich.
17 - 19 August 2001	Atlanta, Ga.
17 - 19 August 2001	Syracuse, N.Y.
24 - 26 August 2001	Akron, Ohio
24 - 26 August 2001	Sacramento, Calif.

Soldiers selected through this program can be brought on an Army Reserve AGR tour of duty as recruiter in as little as 30 days.

For more information, contact the Office of the Chief Army Reserve Retention and Transition Division. The program manager is Capt. Curtis T. Both at (404) 464-9091 or by email at USAR.Recruiter@usarc-emh2.army.mil

Maryland Reservists march in 54th Presidential Inaugural Parade

Photos by Sgt. Nate Orme

Army reservists from the 5115th Garrison Support Unit, Fort Meade, Md., stand at parade rest in front of the Eagle Float. Representatives of U.S. Army Staff elements lead the Army division. (Above) The unit march down Pennsylvania Ave. during the Inaugural Parade.

Story by Major Irene M. Zoppi

It was with pride and honor that three Maryland-based units received the news that they would represent the U.S. Army Reserve by marching in the Inaugural Parade in honor of the new Commander-in-Chief .

With only two weeks to prepare for the mission, the 5115th took the tasking and delivered its best. The soldiers were prepared and ready to march on the early morning of January 20th, 2001.

"We look sharp and we are ready to represent the U.S. Army Reserve," said Private Tarah Brown, a member of the marching unit.

For 2nd Lt. Julia Tyler, the event was the culmination of everyone's hard work. "We practiced, practiced, and practiced…we are just ready," she stated.

The soldiers' high level of motivation and the excitement of making history were virtually impossible to miss.

During a motivational speech the GSU Commander, Col. Michael Masnik, addressed the soldiers providing guidance and words of inspiration that filled the drill hall.

"The 5115th was chosen for many reasons…the unit's proximity to Washington, its mission to provide state funeral support and, most of all because of the unit's ability to accomplish difficult missions on short notice," stated Masnik.

As the buses departed, there was a solemn moment of silence before a harmonious "hooah" came out of the soldiers as the American Flag, waived by retired Sgt. Major Raymond Moran, bid them farewell. Moran kept waiving the flag and shouted the words that would echo in the minds of each and every soldier during the trip to the Pentagon, "You are the best!"

"Doing their best is what the 5115th GSU does best" said 1st Sgt. [First name] Ramsey, the unit's First Sergeant."

For many soldiers, having an opportunity to talk to the media about their experiences as Reservists was a dream come true as major local and national news teams interviewed them. For other unit members their dreams were fulfilled when they got the opportunity to meet celebrities such as Pat Sajak, Al Roker, and Robert Conrad.

But the ultimate celebrity, the President and Commander-in-Chief, made the experience complete. Officially sworn-in as the 43rd President of the United States, President Bush saluted the 5115th GSU soldiers who marched in his honor.

The soldiers marched down Pennsylvania Avenue, through the Capitol, to the White House, and into history as the parade announcer sounded off, "Representing the United States Army Reserve is the 5115th Garrison Support Unit, 99th Regional Support Command from Fort Meade, Md."

(Maj. Zoppi is an Army Reserve public affairs officer with the 5115th Garrison Support Unit, Fort Meade, Md.)

Information technology

AR-PERSCOM helps customers get what they need

By Julia Collins

ST. LOUIS—In 1977, a speaker at the convention of the World Future Society said, "There is no reason for any individual to have a computer in his home." Four years later, Microsoft founder, Bill Gates announced, "640k [of computer memory] ought to be enough for anybody."

Today, advancements in computer and information technology have overtaken those premature predictions. More than half of all Americans have personal computers in their homes and 44 percent have access to a wealth of information found on the Internet. Individuals can email a friend, transfer money from bank accounts and pay bills on-line without ever leaving home.

This fast-changing environment has also influenced the way Army Reserve Personnel Command officials develop and implement human resource management strategies for the Army Reserve. During the last few years, the command has significantly revamped its management strategy and adopted several new technologies to better manage Army Reserve soldier careers and provide service to all command customers.

"Several different initiatives are going on with IT and strategic planning," said Col. Debra Cook, director of Health Services and IT representative for the command. "AR-PERSCOM is focusing on e-business strategies and increased use of web applications."

AR-PERSCOM planners continue to fine-tune human resource personnel management through the use of improved database tools, customer contact and tracking, and increased access for soldiers.

"The bottom line is to save resources, money, and time, and become more efficient," said Col. W. Bruce Pittman, commander of AR-PERSCOM. "With the sheer volume of services we provide, we need to continue to redesign our business processes. Technology is an integral part of that."

Soldier Management System

In the mid-1990s, through reengineered business processes, integrated with new technologies, customer management tools made their appearance at AR-PERSCOM. The Soldier Management System, or SMS, was developed as a client-server, windows-based, user-friendly application providing employees with the capability to track and manage interactions with all customers (soldiers, family members, veterans and other stakeholders).

SMS continues to enable employees to view personnel data, Official Military Personnel File documents, and contact and case information on each customer. SMS also provides managers with the ability to determine soldiers' skills, training and service histories from their desktops. In addition, the system measures employee workload allowing for continued improvement of customer service processes. Within the last year, SMS use has also been extended to the Office of the Chief, Army Reserve, the U. S. Army Reserve Command and the 70th Regional Support Command.

Customer Contact

In the mid-1990s AR-PERSCOM established a centralized customer contact office for reservists to call and obtain information about their careers. Each month the center receives over 195,000 calls along with 44,000 pieces of mail and 470 walk-in customers. Due to the magnitude of calls received by the entire command, an "intelligent" Integrated Voice Response System is being implemented.

This IVR system will manage cus-

tomer calls by obtaining caller information and integrating it with customer demographics and personnel databases to provide the caller with self-service information, said Pat Germain, lead information systems manager for the Information Systems Activity- St. Louis. IVR is also being integrated with SMS to provide command-wide, comprehensive customer service.

On Jan. 19, the first intelligent IVR application for officer evaluations was implemented. Soldiers can now call 1 (800) 648-5484, enter their Social Security numbers and hear the status of their most recent evaluations. In the next few months, reservists will also have the opportunity to call in for information about AGR packets and boards, and promotion board eligibility.

"We are always emphasizing the need for soldiers to be involved in the management of their careers," Cook said. "Now we are giving them the tools to do it."

Web site advancements

Another major achievement for the command has been the complete redesign of the AR-PERSCOM web site. In mid-2000, functional experts throughout the command completely reorganized the existing site's content by function instead of by office or directorate. In addition, the entire 'look and feel' of the site and enabling technology were improved.

As a result, over one million Reserve soldiers, veterans, retirees and family members can visit www.2xcitizen.usar.army.mil and find detailed information on AR-PERSCOM services. In addition, an advanced search tool allows customers to find information quickly and accurately.

"It is important to integrate web and IT tools into the business process," Cook said. "It allows the soldier to interact with his own management process. It gives him the ability to see up-to-date, functionally-oriented information which he can use to enhance his career choices."

The content on the site has grown by 50 percent since October as site managers continue to add updated information along with interactive applications. One new program found on the site is the Retired Pay Estimation program developed by Litton PRC, a contractor with AR-PERSCOM. By entering year of birth, and grade, total years of service and total points at retirement, reservists can calculate their estimated monthly retired pay in today's dollars as well as projected future dollars.

The web-based survivor benefit calculator is another interactive application for reservists to quickly and accurately estimate their retired pay and the cost of coverage under the Reserve Component Survivor Benefit Plan. By entering retirement information, desired coverage, age and beneficiary-election information, soldiers can retrieve the amount of retired pay they will receive, as well as the costs associated with RCSBP coverage for spouse, former spouse, or spouse and child(ren). In addition, a printable form is available, providing an easy-to-read chart.

Feedback on the new site indicates that most customers find the information is given in a logical manner, Pittman said. "They can easily search and find the information they need," he said. "The new site provides answers to many of our customers questions."

Future plans

AR-PERSCOM officials continue to upgrade and add new information technologies to improve the services provided to customers. Some of the key areas that will be addressed over the next few months include:

Web portal – In a partnership with Army Knowledge On-line, or AKO, customers will be able to log on to a secure server, follow the instructions for establishing a private Personal Identification Number (PIN) and view their personal information on-line. This will include access to their Official Military Personnel File.

Giving access to soldiers will also help with data quality, Pittman said. "Soldiers will be able to note any inaccuracies in their OMPFs and receive guidance on how to make corrections. It empowers them by giving them access to their personal data."

Customer Routing – The command will implement computer telephone integration (CTI) technology to intelligently route customers based on customer skills and Army business requirements to better accomplish critical mission support and meet customer needs.

Mail – AR-PERSCOM will integrate new technology to reduce its dependence on hard copy mail - by taking advantage of electronic mail, facsimile and the Internet to disseminate information. This technology will also enable the command to improve data quality through the correction of addresses, phone numbers and other important customer information.

"Adding IT helps us to measure and track how customers are contacting the command," Germain said. "We want to know how the customer made the inquiry [web, phone, etc.] and if they received self-service.

"We can also use tracking to identify patterns of usage," she explained. "For example, we may find that AGR soldiers use the Internet while TPU soldiers contact us through the phone."

Germain cautions that IT is not the answer for perfect management and customer service. "It is not a one-hundred percent solution," she said. "It is a good investment based on a partnership with the right business decision."

(Editor's note: Quotes are from www.quoteland.com. Personal computer and Internet statistics are from Network World, Dec. 4, 2000. Ms. Collins is with the Public Affairs Office, Army Reserve Personnel Command, St. Louis, Mo.)

Guess who's coming to dinner?

Unwanted guests could prove hazardous to your health

By Chief Warrant Officer Thad Jones

Imagine, you just finished eating a hot or cold delicious sandwich at a local restaurant, when you suddenly became nauseous. You get up from your table and rush to the restroom. You have a high fever, chills, stomach pains, vomiting and diarrhea. When you return to your table, you pay your check and leave the restaurant without telling the manager about your sickness. You might have been a victim of the Unwelcome Meal Guest or food poisoning, a bacterial infection.

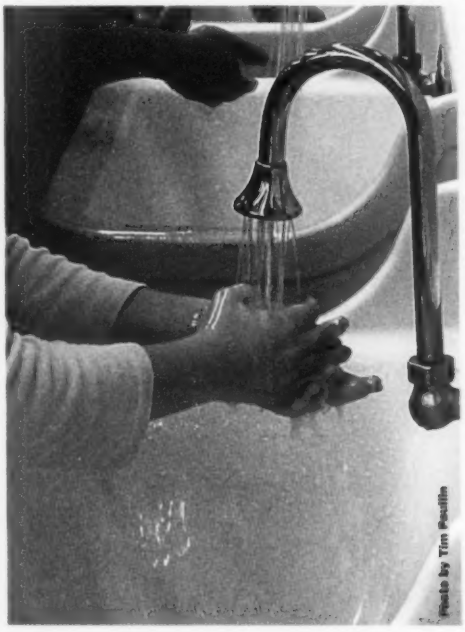


Photo by Tim Pauliin

Food poisoning accounts for more than 90 percent of all food borne sickness. According to the Centers for Disease Control and Prevention, there are 5,000 deaths, 325,000 hospitalizations, and 76 million illnesses caused by food poisoning every year. The most common food-borne infections are Staphylococcus, Salmonella, Botulism, and Trichinosis.

People are the most common carriers of Staphylococcus (Staph). We carry this microorganism around in our nasal passages, throat, hands and skin surfaces.

Salmonella, (Salmo) on the other hand, is associated with poultry, cracked eggs, meats, and diary products.

Botulism (Botch) can be associated with leaking and swollen food containers and is considered more deadly than cyanide.

The last food borne bacteria is called Trichinosis (Trich), which is most commonly associated with pork.

The food server is one of the critical links for making your dining pleasurable as well as safe. Yet, how many times have you seen a food server run a finger or hand through his/her hair? Unsanitary food service is more common than you think. We expect our food handlers to follow guidelines such as wearing the proper clothing or no excessive jewelry while preparing or serving food. Many foreign particles and germs can hide, and hatch eggs in, those rings, watches, bracelets, etc. Those fancy fingernails are also a no-no. Chips from the polish may fall into your food, as might hair if a hairnet is not worn.

Food servers must practice good sanitation when handling food. The hands must be washed thoroughly with hot soapy water after using the restroom, smoking, or after various cooking assignments. The food preparation area should be kept clean and safe. Sponges are notorious breeding grounds for germs; therefore, never use them around food for clean ups.

There are some government and private agencies that are responsible for our food wholesomeness. As consumers, we should not rely too much on those agencies to protect us from the Unwelcome Meal Guest. Despite the best technology and inspection programs, food-borne infection continues to be a major concern. It is an underrated issue because of a widely known concept called the "Iceberg Theory. "This theory states that only 10-percent of all foodborne infection is reported. The ninety-percent not reported is directly linked to the consumer. Usually, after we become sick after eating, we shrug it off as a flu bug.

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(Chief Warrant Officer Jones is the 300th Area Support Group Food Service Technician, Fort Lee, Va.)

Medical care for Reservists

Knowing what to do in advance saves time, grief later

By Master Sgt. Denise E. Bein

If a soldier gets hurt or becomes ill while performing IDT (Drill) or Annual Training, do you know who is going to pay for the medical care? Unless your unit trains on an active duty installation with a Military Medical Treatment Facility (MTF), or Troop Medical Clinic (TMC) or has medical support for the Annual Training site, chances are the soldier will be seeing a civilian provider.

When properly authorized, most care will be covered under the Tricare Supplemental Health Care Program. The Supplemental Health Care for soldiers remotely located from a MTF or TMC requires coordination with the unit, the Military Medical Support Office (MMSO), and the TRICARE Contractor to ensure medical claims are paid. Care by a civilian provider does not have to turn into a financial nightmare for the individual soldier. In order to make sure that the provider gets paid, there are a few easy steps that the unit leadership team can take.

In an emergency situation, the soldier should be directed to the nearest civilian or military hospital with an emergency room. It is easy for the paperwork to get overlooked, but not necessary.

Before training begins, the commander or first sergeant may want to create a few "triage" kits to have on hand for situations when soldiers may need medical care during training. These kits should consist of a two-pocket folder filled with a locally created instruction sheet and MMSO RC Medical Cover Sheet (checklist), DA 2173 for determination of Line of Duty Status, DD Form 2527 for Third Party Liability recoupment action. The Third Party Liability form is only required when the soldier was injured by a third party (i.e. a POV causes an accident with a government vehicle, a soldier is injured in a POV accident with another POV while traveling to or from military duty, etc). If a third party causes the soldier's injury, the third party's automobile insurance will be billed for recoupment of the soldier's medical care by the TRICARE Contractor.

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In addition to the documentation required for the initial visit, all follow-up visits after the duty period require the unit to obtain a preauthorization number from the MMSO. If the soldier obtains care without a preauthorization, the soldier's unit will need to submit an appeal to get payment authorized.

On a monthly basis the MMSO, located at Great Lakes Naval Training Center, Great Lakes, IL, reviews approximately 2,600 denied active duty claims, verifies eligibility of 8,100 Reserve Medical Claims, and authorizes payment of 6,280 Dental Claims. Due to this high volume, it is critical that unit personnel become familiar with the proper procedures for submitting medical claims. The MMSO website provides detailed instructions and required forms for downloading to be used by the unit in submission of claims. For more information, check the MMSC website or contact the Reserve Liaison at MMSO, 888-647-6676.

(Master Sgt. Bein is the Patient Administration NCO at Military Medical Support Office, Great Lakes, Ill.)

Guess who's coming to dinner?

Unwanted guests could prove hazardous to your health

By Chief Warrant Officer Thad Jones

Imagine, you just finished eating a hot or cold delicious sandwich at a local restaurant, when you suddenly became nauseous. You get up from your table and rush to the restroom. You have a high fever, chills, stomach pains, vomiting and diarrhea. When you return to your table, you pay your check and leave the restaurant without telling the manager about your sickness. You might have been a victim of the Unwelcome Meal Guest or food poisoning, a bacterial infection.

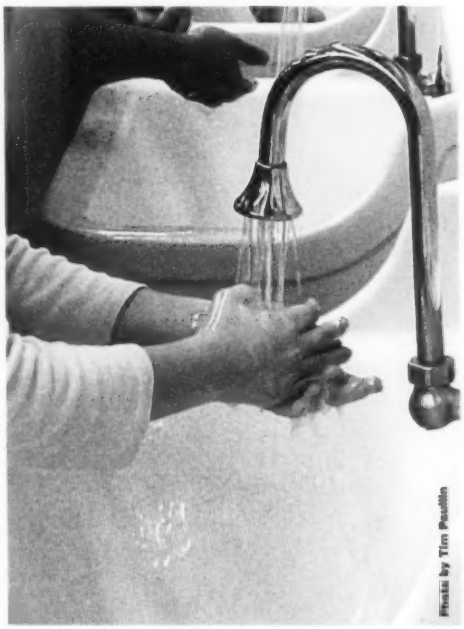

Photo by Tim Paulin

Food poisoning accounts for more than 90 percent of all food borne sickness. According to the Centers for Disease Control and Prevention, there are 5,000 deaths, 325,000 hospitalizations, and 76 million illnesses caused by food poisoning every year. The most common food-borne infections are Staphylococcus, Salmonella, Botulism, and Trichinosis.

People are the most common carriers of Staphylococcus (Staph). We carry this microorganism around in our nasal passages, throat, hands and skin surfaces.

Salmonella, (Salmo) on the other hand, is associated with poultry, cracked eggs, meats, and diary products.

Botulism (Botch) can be associated with leaking and swollen food containers and is considered more deadly than cyanide.

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22d Support Command
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By Lt. Col. Ben Lawton

"The dream of freedom lives because we dare to risk our most precious resource, our sons and daughters, husbands and wives, brothers and sisters."
President George Bush
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A first time deployment can be an extraordinary experience for soldiers, particularly if those soldier are Reservists deploying into a hostile area. Reservists from units under the 123d Army Reserve Command (ARCOM) were mobilized for a conflict for the first time as a result of the War in the Persian Gulf.

Confronted with Saddam Hussein's direct threat to American interests, on August 7, 1990, President Bush directed the beginning of Operation Desert Shield. The first of the 123d units activated was the 5064th US Army Garrison. During the next year 225 officers and 1,500 enlisted soldiers from 16 different 123d units were activated, mobilized, and deployed to various locations throughout the United States and Saudi Arabia. The ARCOM headquarters began operating around the clock, seven days a week in support of its deployed units. It also became actively involved in support activities for the families of the deployed soldiers and coordinated "Welcome Home" ceremonies at each unit's home station when soldiers redeployed.

ARCOM units in the Persian Gulf engaged in Combat Service Support operations throughout the area. Reservists endured cold winter nights and the sweltering summer heat while learning to live in MOPP Level 3 and 4 gear (Mission Oriented Protective Posture) for days on end.

They watched the first Patriot shoot down the first SCUD (80 per cent of the Iraqi SCUDs exploded around the 123d ARCOM soldiers stationed near Dhahran). And, as the war progressed, units moved frequently across the 40,000 square miles of Saudi Arabian and Kuwaiti desert, from Dhahran to Al Jubayl and Khafji to the northeast, and from King Khalid Military City to Rafah and beyond to the northwest.

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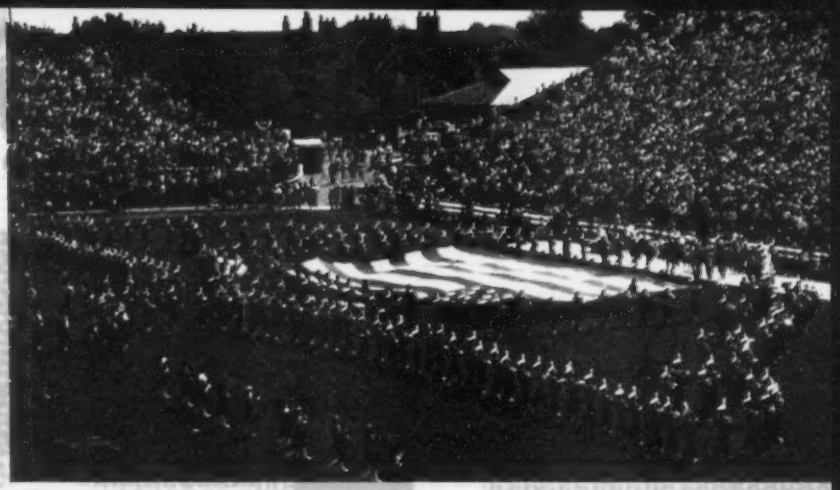

Photos by Lt. Col. Vic Bandini (ret.)

Purdue University celebrates the return of Indiana-based military units during the first football game of the season.

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Other 123d soldiers, led by then Col. James Bauerle, Commander of the Logistical Operations Center Forward of Task Force Freedom, participated in the reconstitution of the Kuwaiti nation.

"Our soldiers were totally dedicated," said Brig. Gen Thomas Jones, 22d Support Command (SUPCOM) Deputy Commanding General. "They worked 12 to 16 hours a day, seven days a week, to accomplish our mission. . . . There was never a more dedicated, educated group in the military and I think they completely validated the Reserve's role in a Volunteer Army."

During the reception, movement, and sustainment of forces phase of Operations Desert Shield and Desert Storm, the 123d helped off-load more than 500 vessels and received more than 9,000 aircraft. These vessels and aircraft contained more than 12,400 tracked vehicles, 114,000 wheeled vehicles, 1,800 Army aircraft, 33,000 containers, 1,800,000 short tons of cargo, 300,000 short tons of ammunition, more than 350,000 personnel, 94 million meals, and uncounted tons of mail.

Later they helped push forward these supplies using 1,400 U.S. Army trucks and 2,100 host nation trucks. These trucks traveled the 2,746 miles of main supply routes (MSRs), for a total of 35 million miles in 3,568 convoys.

Between August 1990 and May 1991, they also helped serve 94 million meals, stage and dispense one billion gallons of fuel, and handle 43,769 short tons of mail. More than 100 million gallons of water were delivered during the movement phase, from January 16 through February 23, 1991. Finally, after the Active Component combat troops had gone home to parades and heroes' welcomes, the Reserve and National Guard soldiers, including the members of the 123d remained behind to clean up after the fighting was done.

"The entire leadership of the Army was proud of the work of the Reserve soldiers," stated Maj. Gen Marvin Back, 22d SUPCOM Deputy Commanding General. "I was always looking for the 123rd ARCOM patch. Every time I found it, I found the soldiers charging ahead in an outstanding manner. I could not have been more pleased."

Because many 123d ARCOM soldiers redeployed too late to participate in the May 10 and the July 4 "Welcome Home" parades, Purdue University celebrated the return of Indiana military units at its first football game. Indiana residents who served during the Gulf War were offered two free tickets to the season-opening football game as a special tribute to the troops.

As part of the tribute the scoreboard screen listed the names of Indiana residents who were deployed for Operations Desert Shield/Desert Storm. Included was 2nd Lt. Lorraine Lawton. Lawton was the only 123d ARCOM fatality. She died on July 11, when the four-wheel truck she was driving struck a bus near Dhahran. Lawton, a member of the 21st TAACOM (CA), and a Ph.D. candidate in Comparative Literature at Purdue University, was completing research for her dissertation at the University of Grenoble, France, when she was activated.

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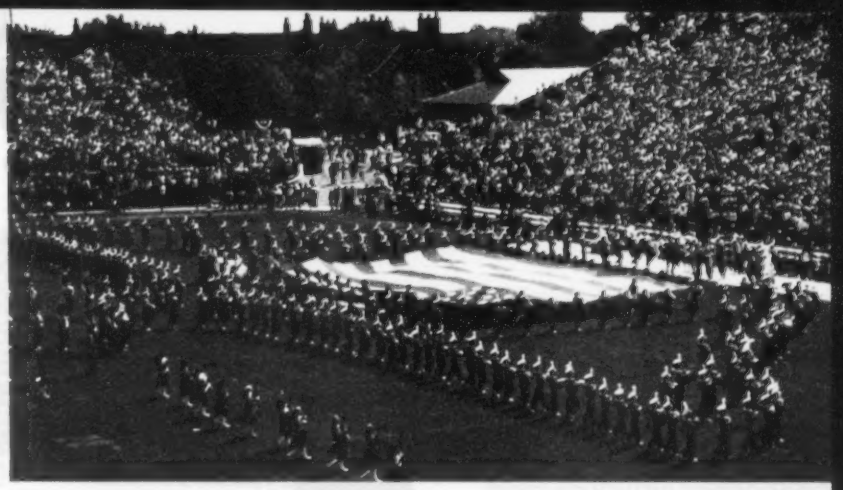

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Ten years after the storm

Army Reserve women weather "the storm"

By 1st Lt. Steven Alvarez

WASHINGTON—Army Reserve Maj. Gena Bonini was a young lieutenant when she packed her bags and headed for Saudi Arabia more than 10 years ago. Her forward support battalion would deploy her to support a maneuver battalion from one of the more traditional and historical units of the U.S. Army, the 1st Cavalry Division.

She was one of several officers assigned to battalions as "log overwatch" officers, a position that requires a logistics officer to provide instantaneous communications with division in the event any logistical issues need immediate attention.

"I remember when my boss told the maneuver guy that he was going to assign me as the log overwatch officer. I was the only female in a whole battalion of males," Bonini said.

Maj. Deborah Gilmore, of the 94th RSC, Fort Devens, Mass., was a first lieutenant when she had this picture taken in front of a directional sign in Saudi Arabia.

Maj. Gena Bonini (then Capt. Steensland) poses with 2nd Lt. Kelly McGinley shortly after arriving in the middle east.

Initially, the men resented her presence she said, but she eventually won them over by doing her job and doing it well. She did what officers do: She took care of soldiers.

"I partnered with the command sergeant major, and he and I went on special supply raids — I mean missions," Bonini said jokingly. "We were able to get every soldier in the battalion brand new hunting-type knives. I personally didn't understand the popularity of the item, but all the guys thought they were the end-all and be-all of being a tough guy. They just had to have these big — we're talking 12-inch-long — knives that strapped to their legs. We got those and extra goodies, like sleeping mats. Pretty soon, everyone knew me."

More than 26,000 women served in Operations Desert Shield and Desert Storm, according to the U.S. Army Center for Military History. Women accounted for 17 percent of Army reservists in Saudi Arabia at the height of the conflict. All told, women represented more than 8.6 percent of the Army's deployed force, and Desert Storm would be the largest deployment of military women in U.S. history.

Another of the thousands deployed to Southwest Asia was Maj. Deborah Gilmore of the 94th Regional Support Command in Devens, Mass. A first lieutenant 10 years ago, Gilmore stepped off an Air Force C-5 aircraft carrying her Army Reserve unit into Dhahran, Saudi Arabia, and immediately started doing what executive officers do. She began to direct troops unloading the plane.

Immediately she noticed the grueling Saudi heat, but something else beat down on her heavier than the scorching sun. It was the stares from the Saudi men.

"I remember the astonished looks of the Saudi military as I gave orders," Gilmore said. "They didn't understand why I was giving orders, but even more, they couldn't comprehend why the men were listening."

President Harry S Truman opened the doors for military women of the

See WOMEN, page 58

African American Reservists play vital role in Gulf War

Master Sgt. Loretta Barlow, was a sergeant first class when she posed with her M-16 shortly after arriving in the gulf.

By 1st Lt. Steven Alvarez

WASHINGTON—A little more than ten years ago, then Army reserve Sgt Pamela Davis stepped onto the sands of Saudi Arabia. It was Christmas day 1990 and her unit, the 411th Engineer Brigade from Brooklyn, NY, had been mobilized as part of Operation Desert Shield.

Although her boot imprints on the sands of Southwest Asia have long since been erased by time, the impact that Davis and other Army Reservists made on the Persian Gulf region and ultimately, on the world, are everlasting: a liberated Kuwait and an adversary that was decimated.

Davis' contributions in the war might not have been possible more than 50 years ago because as an African American, her race was not given equal rights in the U.S. military until July 26, 1948 after President Harry S. Truman signed Executive Order 9981 requiring the armed forces to provide equal treatment and opportunity to African Americans. Forty years later, the once oppressed race played an instrumental role in liberating Kuwait from Iraqi occupation.

During Operations Desert Shield and Desert Storm, African Americans composed roughly 25 percent of the Army Reserve. From that group, more than 28 percent deployed to the Persian Gulf region to support the coalition war effort.

Davis, now a sergeant first class with the Office of the Chief, Army Reserve, is proud of her war service, but like many reservists, she was surprised at the mobilization.

"I guess I never actually thought there would be a war. When people join the reserves or active component, war is never a thought," the 19-year Army Reserve veteran said. She spent four months deployed in the desert. After several weeks she realized that the reserve unit concept worked not just in theory, but also in reality. It was battle tested.

"A unit that only met once a month and that had to get fillers to help, got along during that time. No confrontations. We all got along like family," Davis said. "People are aware that being a reservist is more than just a person who goes one weekend a month and two weeks out of the year," she said. "They are actually trained to do the missions at the active duty level, in fact, there were people who realized if the reserves were not called, the mission would not have been accomplished."

Camaraderie

Desert Storm veteran Master Sgt. Loretta Barlow, an Army Reservist with the Office of the Chief, Army Reserve, agreed that the unity and camaraderie of Army Reserve units rivaled their active component counterparts.

"We didn't have a single person AWOL. Everyone showed up," Barlow said proudly. "The camaraderie was great. We got things done

See ROLE, page 58

Family members welcome home Sgt. Pamela Davis (second from right) following her return from the Gulf. From left to right are her cousin Gordon Davis, mother Delores Davis, sister Tanya Davis, friend Yvette Colon, godson Dayshon Wade, and grandmother Eloise Daivs Rogers.

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By 1st Lt. Steven Alvarez

WASHINGTON—Army Reserve Maj. Gena Bonini was a young lieutenant when she packed her bags and headed for Saudi Arabia more than 10 years ago. Her forward support battalion would deploy her to support a maneuver battalion from one of the more traditional and historical units of the U.S. Army, the 1st Cavalry Division.

She was one of several officers assigned to battalions as "log overwatch" officers, a position that requires a logistics officer to provide instantaneous communications with division in the event any logistical issues need immediate attention.

"I remember when my boss told the maneuver guy that he was going to assign me as the log overwatch officer. I was the only female in a whole battalion of males," Bonini said.

Maj. Deborah Gilmore, of the 94th RSC, Fort Devens, Mass., was a first lieutenant when she had this picture taken in front of a directional sign in Saudi Arabia.

Maj. Gena Bonini (then Capt. Steensland) poses with 2nd Lt. Kelly McGinley shortly after arriving in the middle east.

Initially, the men resented her presence she said, but she eventually won them over by doing her job and doing it well. She did what officers do: She took care of soldiers.

"I partnered with the command sergeant major, and he and I went on special supply raids — I mean missions," Bonini said jokingly. "We were able to get every soldier in the battalion brand new hunting-type knives. I personally didn't understand the popularity of the item, but all the guys thought they were the end-all and be-all of being a tough guy. They just had to have these big — we're talking 12-inch-long — knives that strapped to their legs. We got those and extra goodies, like sleeping mats. Pretty soon, everyone knew me."

More than 26,000 women served in Operations Desert Shield and Desert Storm, according to the U.S. Army Center for Military History. Women accounted for 17 percent of Army reservists in Saudi Arabia at the height of the conflict. All told, women represented more than 8.6 percent of the Army's deployed force, and Desert Storm would be the largest deployment of military women in U.S. history.

Another of the thousands deployed to Southwest Asia was Maj. Deborah Gilmore of the 94th Regional Support Command in Devens, Mass. A first lieutenant 10 years ago, Gilmore stepped off an Air Force C-5 aircraft carrying her Army Reserve unit into Dhahran, Saudi Arabia, and immediately started doing what executive officers do. She began to direct troops unloading the plane.

Immediately she noticed the grueling Saudi heat, but something else beat down on her heavier than the scorching sun. It was the stares from the Saudi men.

"I remember the astonished looks of the Saudi military as I gave orders," Gilmore said. "They didn't understand why I was giving orders, but even more, they couldn't comprehend why the men were listening."

President Harry S Truman opened the doors for military women of the

See WOMEN, page 58

African-American Reservists play vital role in Gulf War

Master Sgt. Loretta Barlow, was a sergeant first class when she posed with her M-16 shortly after arriving in the gulf.

By 1st Lt. Steven Alvarez

WASHINGTON—A little more than ten years ago, then Army reserve Sgt Pamela Davis stepped onto the sands of Saudi Arabia. It was Christmas day 1990 and her unit, the 411th Engineer Brigade from Brooklyn, NY, had been mobilized as part of Operation Desert Shield.

Although her boot imprints on the sands of Southwest Asia have long since been erased by time, the impact that Davis and other Army Reservists made on the Persian Gulf region and ultimately, on the world, are everlasting: a liberated Kuwait and an adversary that was decimated.

Davis' contributions in the war might not have been possible more than 50 years ago because as an African American, her race was not given equal rights in the U.S. military until July 26, 1948 after President Harry S. Truman signed Executive Order 9981 requiring the armed forces to provide equal treatment and opportunity to African Americans. Forty years later, the once oppressed race played an instrumental role in liberating Kuwait from Iraqi occupation.

During Operations Desert Shield and Desert Storm, African Americans composed roughly 25 percent of the Army Reserve. From that group, more than 28 percent deployed to the Persian Gulf region to support the coalition war effort.

Davis, now a sergeant first class with the Office of the Chief, Army Reserve, is proud of her war service, but like many reservists, she was surprised at the mobilization.

"I guess I never actually thought there would be a war. When people join the reserves or active component, war is never a thought," the 19-year Army Reserve veteran said. She spent four months deployed in the desert. After several weeks she realized that the reserve unit concept worked not just in theory, but also in reality. It was battle tested.

"A unit that only met once a month and that had to get fillers to help, got along during that time. No confrontations. We all got along like family," Davis said. "People are aware that being a reservist is more than just a person who goes one weekend a month and two weeks out of the year," she said. "They are actually trained to do the missions at the active duty level, in fact, there were people who realized if the reserves were not called, the mission would not have been accomplished."

Camaraderie

Desert Storm veteran Master Sgt. Loretta Barlow, an Army Reservist with the Office of the Chief, Army Reserve, agreed that the unity and camaraderie of Army Reserve units rivaled their active component counterparts.

"We didn't have a single person AWOL. Everyone showed up," Barlow said proudly. "The camaraderie was great. We got things done

See ROLE, page 58

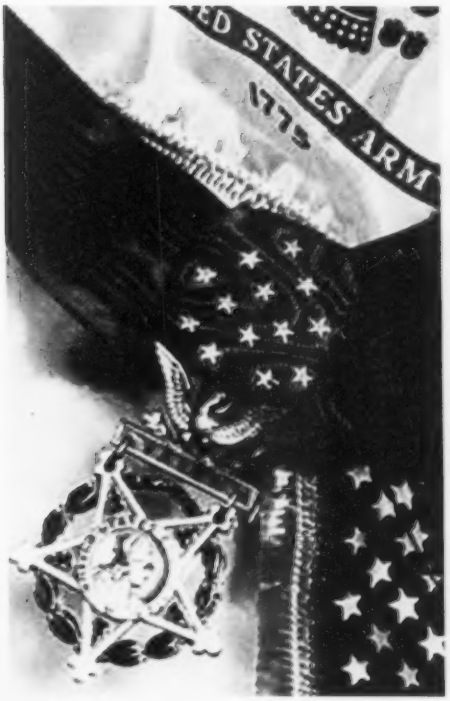
Family members welcome home Sgt. Pamela Davis (second from right) following her return from the Gulf. From left to right are her cousin Gordon Davis, mother Delores Davis, sister Tanya Davis, friend Yvette Colon, godson Dayshon Wade, and grandmother Eloise Daivs Rogers.

America's first secret hero

Army Reserve NCO's act of heroism earns him nation's highest award

(Top) Staff Sgt. Hiroshi Miyamura is congratulated by President Dwight D. Eisenhower after being presented the Medal of Honor on Oct. 27,1953. (Bottom) This U.S. Army War Art painting depicts Cpl. Hiroshi Miyamura in action on the night of April 24-25, 1951.

By Lt. Col. Randy Pullen



(Top right) Medal of Honor. (Above) Hiroshi Miyarmura, Medal of Honor recipient, on March 21, 2001, at Fort Belvoir, Va.

Fifty years ago an Army Reserve non-commissioned officer performed an act of heroism that led to him becoming America's first secret hero.

Manning a hilltop position near Taejon-ni, Korea, Cpl. Hiroshi Miyamura, formerly of the Enlisted Reserve Corps, was a long way from his home in Gallup, N.M. on the night of April 24, 1951.

Photo by Lt. Col. Randy Pullen

Col. Malcolm B. Westcott, Deputy Chief, Army Reserve, talks with an Army Reserve hero, Hiroshi Miyamura, at the March 21 luncheon meeting of the Fairfax-Lee Chapter of the Association of the United States Army at Fort Belvoir, Va. Miyamura was an Enlisted Reserve Corps NCO called to active duty during the Korean War. He received the Medal of Honor and survived more than two years in a Chinese POW camp.

A major Chinese Communist offensive had been launched against the United Nations line. Miyamura, a machine gun squad leader in Company H, 7th Infantry Regiment, 3rd Division, was ordered by his platoon sergeant to take 15 men — machine gunners, riflemen and ammo carriers — to a hill south of the Imjin River and hold the position against the advancing Chinese Communists as long as possible.

He did exactly that.

Courage under fire

Throughout the night, Miyamura directed the heavy and light machine guns of his squad as they held off repeated attacks by the Chinese. The combat was savage. Miyamura kept yelling at his gunners to use short bursts. He joined in with automatic fire from his carbine and threw grenades at the enemy, whose attacks were accompanied by bugles, whistles, flares and supporting mortar bursts.

At one critical point, he charged the enemy with his bayoneted carbine and killed ten of them in close-in-combat, breaking up the attack.

Finally, it was time for those Americans still alive to fall back. Miyamura slid into the heavy machine gun position and told the unwounded members of the crew and two riflemen to help the injured soldiers away; he would cover them.

They moved out and Miyamura was alone, waiting. Then the bugles and whistles sounded again. The Chinese were coming up the hill again.

Miyamura fired his machine gun until it ran out of ammunition. He then threw grenades towards the advancing Chinese. With his final grenade, he destroyed the machine gun and took off for a nearby trench, where he literally ran into a Chinese soldier.

Despite the surprise encounter, he shot the Chinese and wounded him. The Chinese got off a grenade, which Miyamura kicked away. It exploded, killing its thrower and wounding Miyamura in the leg.

As enemy soldiers poured up the hill, Miyamura tried to get away but stumbled into American barbed wire in the dark, causing him further injury. Freeing himself, Miyamura dropped into a hole playing dead while the Chinese swarmed over the area. One Chinese soldier was not fooled and he pointed a pistol at the young corporal, telling him to get up.

Four days later, a task force from the 3rd Division recaptured the hill. There were more than 50 dead Chinese around Miyamura's machine gun position. There was no trace of Miyamura among the dead G.I.s of his section.

Miyamura had become a hero.

Decorated unit

The man who so fiercely defended that hill joined the Army during World War II and became part of one of the most famous units in American military history, the 442nd Regimental Combat Team. This unit, composed entirely of Americans of Japanese Ancestry, except for some white officers, was — for its size and length of service — the most decorated unit in the Army. Along with the attached 100th Infantry Battalion, its members earned more than 18,000 individual decorations, to include one wartime Medal of Honor, 52 Distinguished Service Crosses, 588 Silver Stars, 5,200 Bronze Stars and more than 9,480 Purple Hearts.

Living recipients

In June 2000, twenty long-overdue Medals of Honor were awarded to members of this unit. Only seven men were still living to receive their Medals. One of the living recipients was a Basic Training buddy of Miyamura's, George T. Sakato.

Fate decreed Miyamura would not get a chance to demonstrate his bravery during World War II. He was turned back twice from being shipped overseas to join the 442nd. The first time he was turned back was because

he was not yet 19. At that time, the Army was not sending soldiers under 19 overseas. Once he was old enough, a medical officer at Fort Meade, Md., discovered he had a hernia and Miyamura was kept stateside once again. By the time the hernia had healed, the war was over.

While still at Fort Meade, Miyamura enlisted in the Enlisted Reserve Corps.

"I joined the Enlisted Reserve Corps because I thought with my training that I'd be ready to serve again if my country needed me, " Miyamura said.

Returning home

Back home in Gallup, Miyamura became an auto mechanic and married his sweetheart, Terri. When his Reserve enlistment ended, he reenlisted.

A year after his reenlistment, North Korea attacked south across the 38th Parallel. Like thousands of others in the Army Reserve (More than 240,000 Army Reservists were called up during the Korean War.), Miyamura was called to active duty, though he was not entirely sure he was going to a war.

"The Korean War was called a 'police action,'" Miyamura said, "so I thought I was going to go to Korea and be a policeman and walk around with a billy club."

Miyamura, who had been assigned to one famous unit, soon found himself part of two others. The 7th Infantry Regiment, as the "Cotton Balers" for having fought under Andrew Jackson at New Orleans in 1815, was one of the regiments of the 3rd Infantry Division — the famed "Rock of the Marne" of World War I, which had fought in Sicily, at Salerno and Anzio, in Southern France and in Germany during World War II.

He quickly learned that the police action was a real war. He fought with the 3rd Div. during its campaign in North Korea in late 1950 and was on the last ship to leave Hungnam when X Corps evacuated from there following the Chinese intervention. A few months later, he found himself on that hill near Taejon-ni.

A prisoner's ordeal

Taken prisoner on the morning of April 25, 1951, Miyamura survived the march to a Chinese POW camp. Though wounded, he tried to help other injured men struggling to keep up.

Reaching the POW camp, Miyamura and the others endured 27 months of harsh captivity. The Chinese starved the prisoners and provided no medical care for the first 12 months. It was not until the truce talks began that treatment began to improve.

Unknown to Miyamura and to almost everyone else, Miyamura had become a Medal of Honor recipient. His citation, dated December 12, 1951, was classified "top-secret" and filed in a security vault. Brig. Gen. Ralph Osborne, who greeted Miyamura when he was finally released, explained why Miyamura's Medal of Honor became one of America's most closely guarded secrets.

If the Reds knew what he had done to a good number of their soldiers just before he was taken prisoner, they might have taken revenge on this young man," Osborne said. "He might not have come back."

Miyamura did come back. Released on August 20, 1953, Miyamura was taken to Freedom Village near Panmunjom, where the repatriated American POWs returned to U.S. hands. The release of the POWs was big news. Those former POWs who were up to it were brought out to meet the media.

Miyamura, who had been promoted to sergeant while in captivity, was led out to the waiting microphones and cameras. It was then that Osborne told the reporters that the young sergeant was the greatest VIP to ever pass through Freedom Village.

"Sergeant Miyamura, it is my pleasure to inform you that you have been awarded the Medal of Honor," Osborne said.

"I've been awarded what medal?" was his stunned replied.

White House guest

On October 27, 1953, Miyamura, now wearing staff sergeant's stripes on his Class-A uniform, which also bore the proud Marne Division shoulder patch and the Combat Infantryman's Badge he had earned in Korea, went to the White House.

There, President Dwight D. Eisenhower, in a very open ceremony, placed the Medal of Honor around the neck of the soldier who had once been its most secret recipient.

Miyamura, now older and grayer but still married to his wife of almost 55 years, Terri, is as proud of his service in the Korean War as he is of his New Mexican heritage. He wonders if people today realize how horrible a war it was in terms of the American casualties suffered. He says that while Korea is often called the Forgotten War, it was never that to those who fought in it or to the family members of those who fought — and died — there.

Recently, he recalled how he went back to Korea last year. He went to the Demilitarized Zone and visited with the U.S. soldiers who stand vigil there.

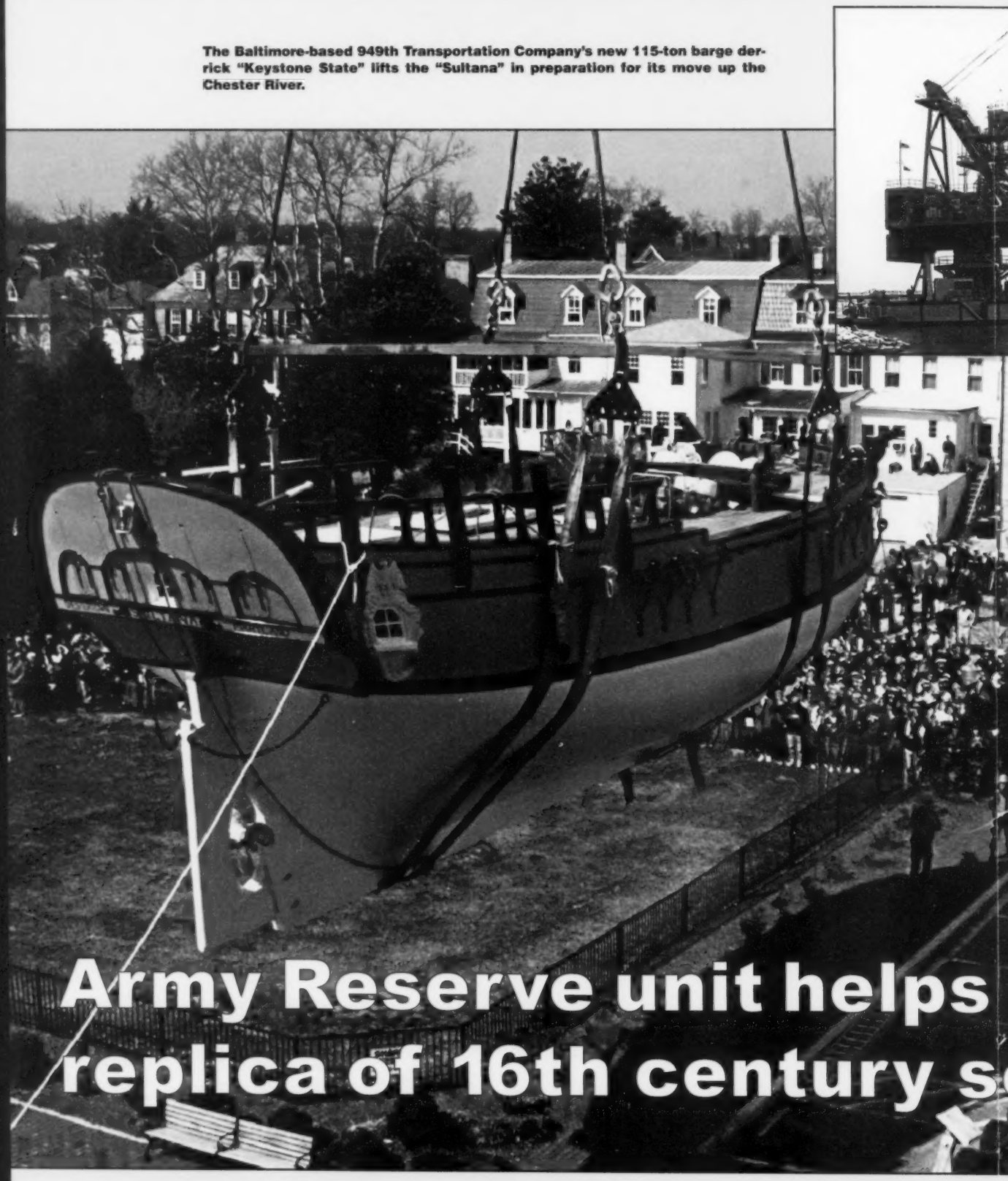
He spoke of how impressed he was with the soldiers who serve there, of how their morale was sky high.

"I'm not sure I could meet the standards that Army soldiers have these days," he said.

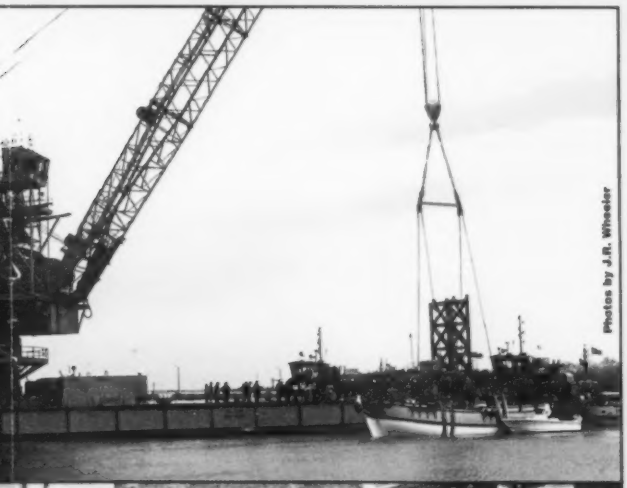
Actually, the former squad leader had it turned around. As one of the Army's greatest heroes, Hiroshi Miyamura helped set the standards that today's soldiers try to meet.

(Lt. Col. Pullen is with the Public Affairs and Liaison Directorate, Office of the Chief, Army Reserve, Washington, D.C.)

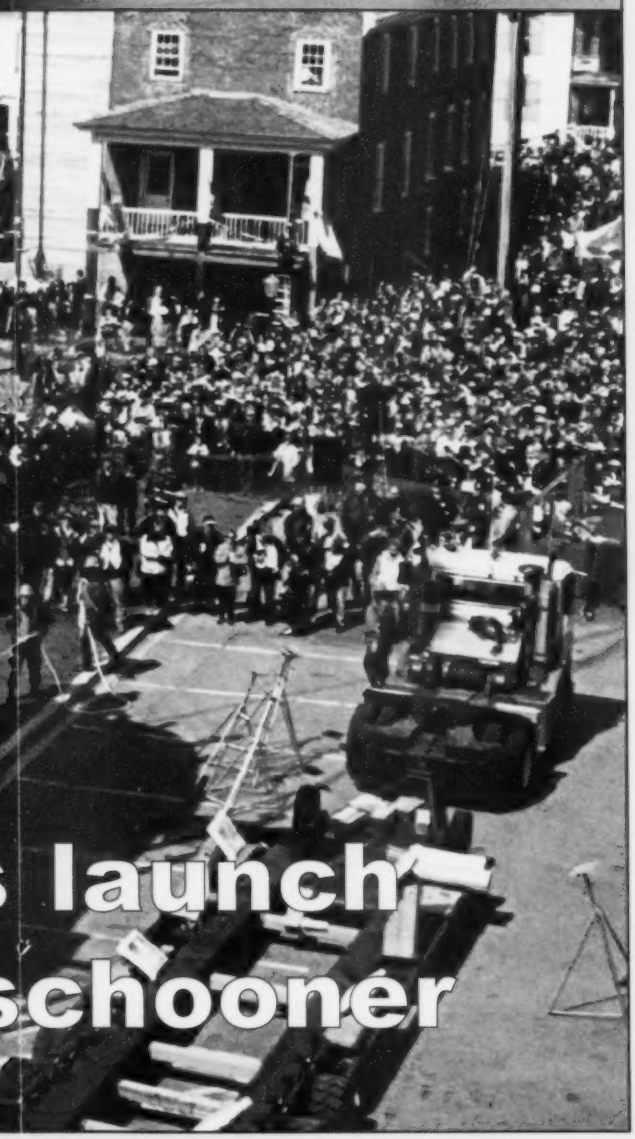
The Baltimore-based 949th Transportation Company's new 115-ton barge derrick "Keystone State" lifts the "Sultana" in preparation for its move up the Chester River.



Army Reserve unit helps replica of 16th century s



Photos by J.R. Wheeler



launch schooner

By Chief Warrant Officer Donald German

BALTIMORE—This spring, the United States Army Reserve 949th Transportation Company (Floating Craft) helped launch a new vessel that will never see hostile action because it was designed and constructed for the sole purpose of taking children out on the waters of the Chesapeake Bay in Maryland. The vessel is a replica of the traditional 16th century sailing schooner Sultana.

Constructed in the township of Chestertown, the Sultana is located approximately 20 miles up the Chester River on Maryland's Eastern Shore. During the third and final year of Sultana's construction, the Baltimore-based unit was asked to provide support launching the schooner using the 949th's new 115-ton barge derrick Keystone State to pick up the Sultana. The goal would be to place it in the Chester River near Chestertown, a quiet historic township near the terminus of the narrow winding River.

The Keystone State is a large floating crane that is permanently mounted on a 200-foot-long and 80-foot-wide barge that requires either two 60-foot pusher tugboats or one 128-foot sea going tugboat to move it.

Towing the Keystone State up the Chester River was considered the primary challenge to be overcome to successfully accomplish this mission. The unit faced hurdles such as getting Keystone State back from a contractor who was performing modifications that appeared would not be completed by Sultana's launch date. In addition, the city drawbridge was undergoing repairs that would have prevented the transportation company from getting out of their homeport. Finally, the U.S. Army's Tank-automotive and Armaments Command (TACOM) issued a Safety of Use Message (SOUM) one month before Sultana's launch date deadlining the four 115 ton cranes in the Army's inventory. To make matters more interesting, just as the 949th was about to submit their Innovative Readiness Training packet requesting to launch Sultana, a reorganization in the Reserve placed the 949th Trans. Co. under the 359th Transportation Battalion and the 300th Transportation Group.

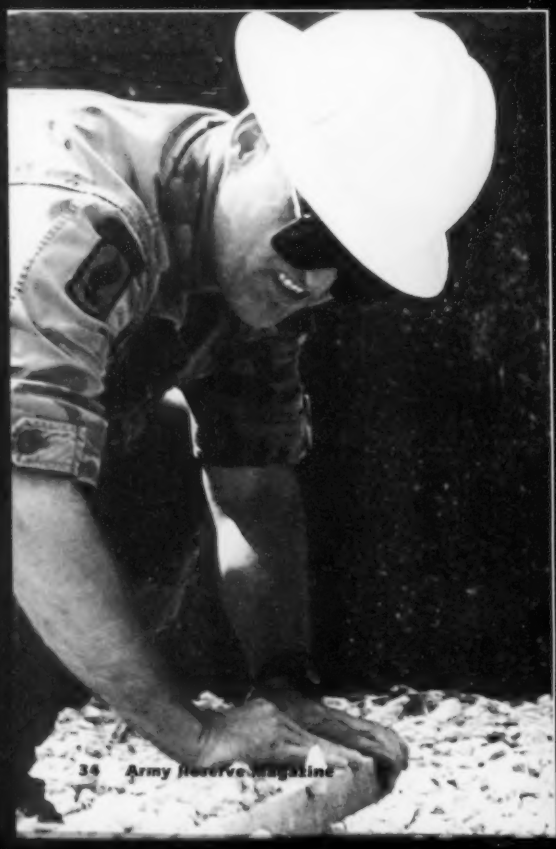
Despite the challenges the mission was a go. Under the leadership of the 300th Transportation Group commander Col. Jim Beirnes and the 359th Trans. Bn. commander Lt. Col. Thomas Roxberry, and the watercraft expertise of the 949th another Army Reserve unit proved its worth. For the first time ever, an Army unit proved their competency to be high enough to receive a waiver from TACOM for a SOUM.

Roxberry's strong belief in An Army of One and 'teaming' was apparent in the 359th and 949th working together to make this mission available to active component (AC) soldiers stationed at Fort Eustis, Va. Four AC soldiers, who are classroom trained in the new 115 ton crane but have not had the opportunity to work aboard one, sailed alongside their Army Reserve counterparts. This teaming effort resulted in valuable training, confidence, and friendship between Reserve and Active Component soldiers.

(Chief Warrant Officer German is with the 99th Regional Support Command's 949th Transportation Company, Baltimore, Md.)

Creating art

Engineers demonstrate quality workmanship, create win-win situation



Sgt. Harry Haines (left) and Staff Sgt. Thomas Lee level rock between the rails of the railroad track near an ammunition bunker to provide trucks access to the bunker.

By SFC Brian Kappmeyer

Spec. Philip Aretz compares his craft of building roads to that of a potter manipulating clay. "Building a road is an art just like making a piece of pottery," the heavy equipment operator said gesturing to the nearly complete road. "I don't want anybody to say 'Phil Aretz did a bad job.' I take pride in what I do. I won't give anything less than 110 per cent and I don't accept anything less from anybody else."

Aretz and fellow reservists from Company A, 983rd Engineer Battalion, Lima, Ohio, spent their annual training (AT) at Crane Naval Weapons Support Center, Ind., building access roads to ammunition storage facilities and remodeling the kennel that houses the center's security dogs.

According to David Brown, the Reserve coordinator for the weapons support center, the cost savings from having the Army do the job compared to hiring a civilian contractor drove the center to select the reservists to work at Crane. The excellent quality of workmanship offered by the Reserve engineer unit was also a determining factor.

(Above) Spec. Phillip Aretz dumps rock around the railroad tracks near an ammunition bunker to provide trucks access to the bunker. (Right) Pvt. Anthony Shellabarger uses a tamper to compact rock that was placed between the rails of the tracks.

"It is a win/win situation for all concerned," Brown said. "We are saving the taxpayers' money while training soldiers in performance of their wartime mission."

The Crane projects are more challenging for the unit than recent annual trainings to Central America, noted Capt. Mike Schemmel, Co. A commander. "We need to meet specifications set to a higher standard here than the missions we have recently encountered," Schemmel said. "It tests the leaders' construction management skills ensuring specs are being met."

The projects at Crane also offer cross-training opportunities for the reservists, both on operating different pieces of equipment, and training with different squad members.

"Very seldom do we go to AT and work as a squad," said Staff Sgt. Michael Schmitz, a construction equipment supervisor. "Personnel assignments are made according to the skills needed for a project. Although squad members rarely work together as a squad on projects, it doesn't hinder the unit from successfully completing its assigned missions because many of the soldiers in the company have been together for 8, 10 or 12 years," he said.

The unit's mechanics are also given an opportunity to cross-train with the equipment operators on projects. His motor sergeant asked Pvt. Anthony Shellabarger, a heavy vehicle mechanic, if he wanted to work at one of the construction sites. Shellabarger quickly volunteered.

"The mechanics get the opportunity to come out to the work site to get a feel on how the equipment operates," Shellabarger said. "Being able to operate the equipment helps the mechanics make repairs because it gives us a better understanding of how the equipment works."

In addition to the three road projects, the unit's carpenters, electricians and plumbers are remodeling the dog kennel that houses the K9s who help provide security at the weapons support center.

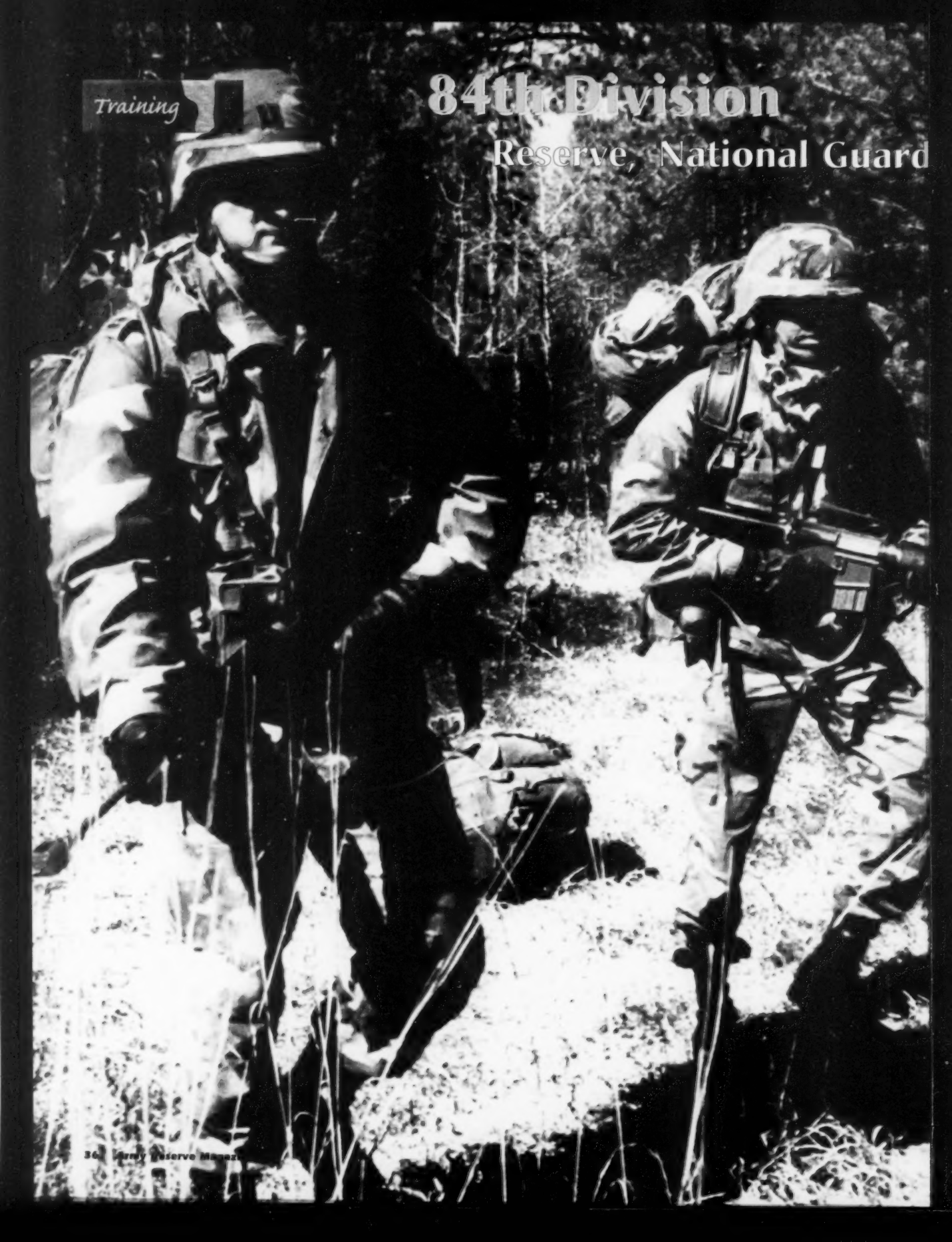
The kennel is being remodeled to meet Navy standards and veterinary requirements. The reservists added a water-heated flooring system to keep the dogs warmer during the colder days of the year. The floor was constructed with a slight slope so the floors can be sprayed out during cleaning allowing the water to drain from the kennel and eliminating standing water.

A veterinary area was added to the kennel so the handlers can care for the dogs. An area for the dogs to exercise was enlarged and an obedience course was constructed next to the kennel where handlers and dogs will train together on commands such as sit, stay, jump and crawl, said Kennel Master Terry J. Carie.

"We are getting a lot of hands-on training here," said Site Supervisor Staff Sgt. Keith Trubey. "This type of project allows our soldiers to cross-train which makes them more valuable to the unit and the Army Reserve."

Whether completing an art project in the form of a road or providing better accommodations for man's best friend, soldiers of Alpha Company honed skills during this annual training they can use during their next mission.

(Sgt. 1st Class Kappmeyer is with the 350th Mobile Public Affairs Det., Indianapolis, Ind.)


Training
84th Division
Reserve, National Guard

conduct joint infantry proficiency training

Capt. William Webb (left) and Staff Sgt. Randy Confer, Army reservists with 1st Battalion, 333rd Regiment, search for signs of the "enemy" while on patrol.

"Chief of Staff of the Army Gen. Eric Shinseki's 'One Army' concept suggests that we should take advantage of training assets dispersed throughout the active Army, National Guard and Reserve that would benefit each other in mission preparation."

Maj. Carlton Allen
Battalion Commander

Story and photos by 1st Lt. Vylius Leskys

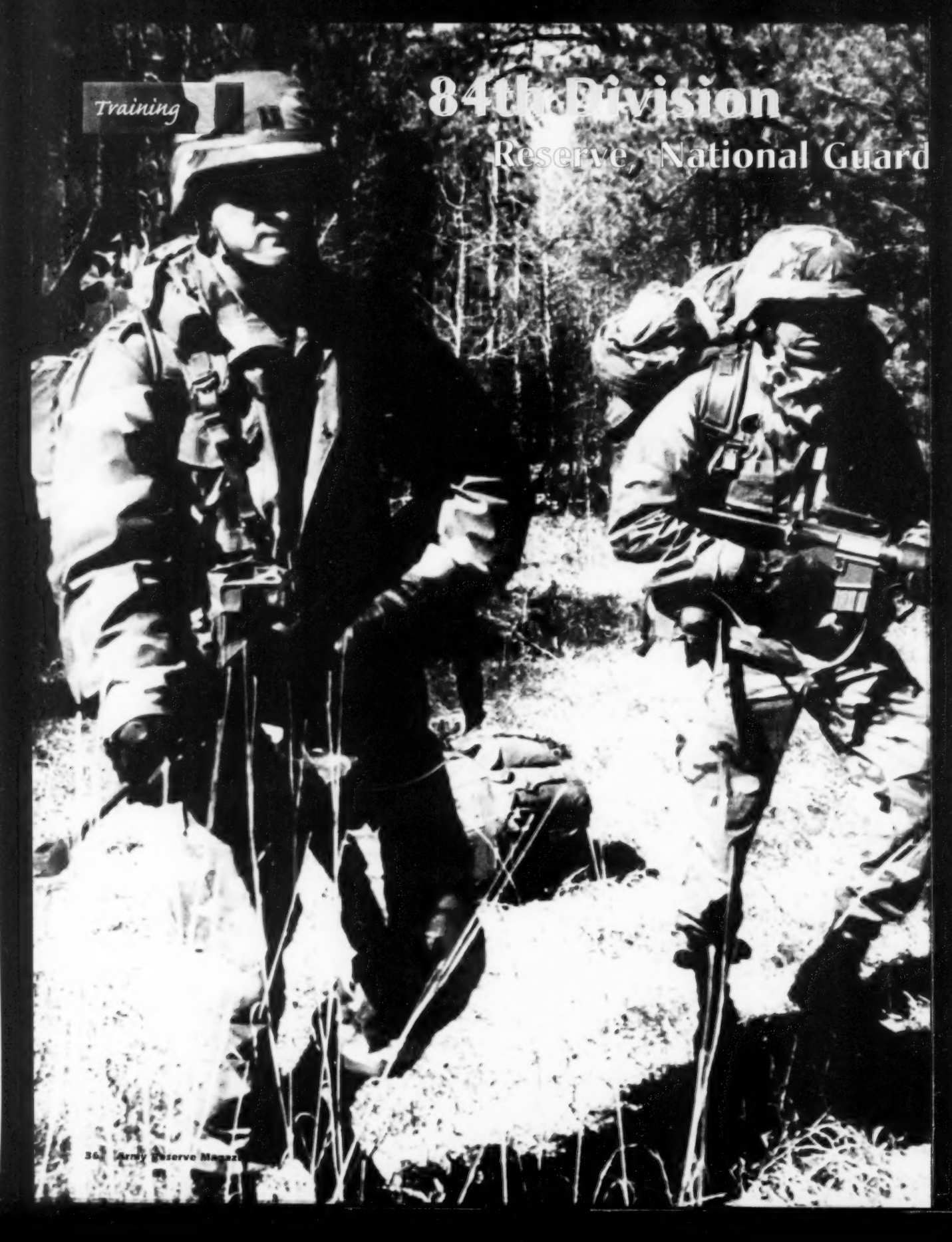
CAMP Grayling, Mich.—Twelve Army Reserve soldiers from the 84th Division (Institutional Training) shuffled off a UH-1 helicopter and quickly traveled four kilometers to their assault position, where they laid waiting for an enemy vehicle. The rumble of a HUMVEE was heard in the distance, a shot was fired followed by a roar of rifle fire. Like a freight train speeding down its tracks — the ambush was quick and fierce.

The "enemy" is left with three fatalities and a severed logistical package. The division soldiers have gained a wealth of intelligence information. But there is no time to celebrate. The soldiers quickly traveled two kilometers to an extraction point, where a Michigan National Guard helicopter carries them away.

This exercise was part of Army Reserve's 1st Battalion, 333rd Regiment's infantry proficiency training and Reservists and National Guardsmen joined forces to accomplish the mission. Their mission is to teach Infantry One Station Unit Training to new soldiers.

To teach infantry skills they must be proficient in all aspects of the infantry, including traveling like infantryman. However, neither the 84th Division nor other Reserve units in the Flint, Mich. area have aviation assets.

Flying choppers is the best training for the Michigan National Guard's aviation unit personnel and the Guard's 425th Long Range Surveillance Company, or LSRC, who must also practice breaching enemy lines to collect intelligence data. A partnership was formed and the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Members of 1st Battalion, 333rd Infantry Regiment board a Michigan National Guard helicopter during a recent training exercise.

Reserve and Guard started working together, planning a weekend exercise at Camp Grayling, Mich., which would benefit all.

It began eight months before the exercise with a phone call placed to Sgt. 1st Class Allen Johnson, Company F, 425th LRSC. Johnson is the unit's operations sergeant.

"We would like to conduct this type of training on these dates, with these assets… what can we do to make sure that both of our units achieve some exceptional training," asked Capt. Edward Nicholson, 1st Battalion's operations officer who arranged the training. "These types of "symbiotic" relationships greatly enhance training and drastically increase morale within a unit," Nicholson said.

The 84th Division Railsplitters practiced their infantry skills by ambushing the Guard's HUMVEE and personnel, patrolling the 425th's areas of operations and conducting search operations in an effort to find and test the Guard's reconnaissance teams. The Guard's 147th Aviation provided transportation for the Guard and Reserve units.

"Chief of Staff of the Army Gen. Eric Shinseki's one Army concept suggests that we should take advantage of training assets dispersed throughout the active Army, National Guard and Army Reserve that would benefit each other in mission preparation," explained Maj. Carlton Allen, 1st Battalion's commander. "The 1st Battalion, 333rd Infantry Regiment hopes to lead the way in embracing Shinseki's concept," he added.

(Editor's note: 1st Lt. Leskys is with Company B, 1st Battalion, 333rd Infantry Regiment, 1st Brigade (OSUT). The 84th Division (IT), is headquartered in Milwaukee and has subordinate units and soldiers throughout the states of Wisconsin, Illinois, Michigan, Minnesota, Ohio, Iowa, and Indiana. As an institutional training division, the 84th currently performs a variety of missions in support of the Army school system, also known as TASS. Missions include providing basic combat training and infantry one station unit training to new soldiers and officer training to ROTC cadets. The division personnel also train active and reserve component service members in combat service, combat service support, health services and professional development courses. For more information about the 84th, visit www.84thdivision.com)

Exercise Balikatan

U.S., Philippines troops use exercise to improve quality of life for students

(Left) Spec. Mike Naumu of the U.S. Army Reserve 411th Engineer Combat (Heavy) Co. installs and levels a metal I-beam structure. (Below) Staff Sgt. Crescecio G. Adres, a mason/carpenter with the Philippine Army, puts the finishing touches on the front wall of a schoolhouse at Barangay Sapang Bato Elementary School.

By Journalist 2 John Baughman

PAMPANGA, Philippines—The 600 children who attend Aranguren Elementary School will gain an advantage in their educational pursuits following a joint U.S./Philippine project to improve school buildings.

Under the Engineering Civic Actions Program (ENCAP), soldiers from the Army Reserve's Hawaii-based 411th Engineer Combat (Heavy) Company and their Filipino counterparts painted walls, rewired buildings and built a recreation center for the local school children.

"Its been a successful mission overall," said Air Force Staff Sgt. Matthew Pluck, who volunteered to work alongside the 411th. "When we got here, there was basically nothing but now the school is beginning to take shape."

Pluck described the preexisting buildings as old shacks. "You wouldn't think this was the same place after a fresh coat of paint," he said. "After we get done with the rewiring, the kids will have power as well."

One soldier hard at work rewiring one of the classrooms, Spc. Lewis Linares, 411th Engineers, had similar observations. "Electricity was nonexistent before we got here," Linares, a civilian electrician back home in Hawaii, pointed out all the new outlets and lightning fixtures.

"I can't imagine going to school without power, so hopefully this new wiring will go a long way toward helping the children learn in relative comfort."

One of the main aspects of Balikatan 2001 is the integration of U.S./Philippine troops. Pluck has taken pleasure in interacting with his Filipino co-workers citing he looks forward to eating lunch with his new friends everyday. "I'm learning some language and teaching some language as well," he smiled. "We've also been swapping stories about their way of life and what it's like back home in Florida."

"I look around at what these people go through every day with a deflated economy and there's no doubt in my mind that what we're doing is a good thing," Linares said. "I'm real happy to lend a hand."

One major difference the 411th encountered between themselves and their counterparts was the lack of power tools. That made for interesting interaction.

"Old school meets new school as far the way to do things," said Sgt. Melvin Tadion, 411th Engineers. "We've learned how to more flexible and use what's on hand if we lack a tool or material that we normally take for granted back in the states. For our counterparts, resourcefulness is the norm."

See BALIKATAN, page 59

Members of 1st Battalion, 333rd Infantry Regiment board a Michigan National Guard helicopter during a recent training exercise.

Reserve and Guard started working together, planning a weekend exercise at Camp Grayling, Mich., which would benefit all.

It began eight months before the exercise with a phone call placed to Sgt. 1st Class Allen Johnson, Company F, 425th LRSC. Johnson is the unit's operations sergeant.

"We would like to conduct this type of training on these dates, with these assets... what can we do to make sure that both of our units achieve some exceptional training," asked Capt. Edward Nicholson, 1st Battalion's operations officer who arranged the training. "These types of "symbiotic" relationships greatly enhance training and drastically increase morale within a unit," Nicholson said.

The 84th Division Railsplitters practiced their infantry skills by ambushing the Guard's HUMVEE and personnel, patrolling the 425th's areas of operations and conducting search operations in an effort to find and test the Guard's reconnaissance teams. The Guard's 147th Aviation provided transportation for the Guard and Reserve units.

"Chief of Staff of the Army Gen. Eric Shinseki's one Army concept suggests that we should take advantage of training assets dispersed throughout the active Army, National Guard and Army Reserve that would benefit each other in mission preparation," explained Maj. Carlton Allen, 1st Battalion's commander. "The 1st Battalion, 333rd Infantry Regiment hopes to lead the way in embracing Shinseki's concept," he added.

(Editor's note: 1st Lt. Leskys is with Company B, 1st Battalion, 333rd Infantry Regiment, 1st Brigade (OSUT). The 84th Division (IT), is headquartered in Milwaukee and has subordinate units and soldiers throughout the states of Wisconsin, Illinois, Michigan, Minnesota, Ohio, Iowa, and Indiana. As an institutional training division, the 84th currently performs a variety of missions in support of the Army school system, also known as TASS. Missions include providing basic combat training and infantry one station unit training to new soldiers and officer training to ROTC cadets. The division personnel also train active and reserve component service members in combat service, combat service support, health services and professional development courses. For more information about the 84th, visit www.84thdivision.com)

Exercise Balikatan

U.S., Philippines troops use exercise to improve quality of life for students

(Left) Spec. Mike Naumu of the U.S. Army Reserve 411th Engineer Combat (Heavy) Co. installs and levels a metal I-beam structure. (Below) Staff Sgt. Cresecio G. Adres, a mason/carpenter with the Philippine Army, puts the finishing touches on the front wall of a schoolhouse at Barangay Sapang Bato Elementary School.

By Journalist 2 John Baughman

PAMPANGA, Philippines—The 600 children who attend Aranguren Elementary School will gain an advantage in their educational pursuits following a joint U.S./Philippine project to improve school buildings.

Under the Engineering Civic Actions Program (ENCAP), soldiers from the Army Reserve's Hawaii-based 411th Engineer Combat (Heavy) Company and their Filipino counterparts painted walls, rewired buildings and built a recreation center for the local school children.

"Its been a successful mission overall," said Air Force Staff Sgt. Matthew Pluck, who volunteered to work alongside the 411th. "When we got here, there was basically nothing but now the school is beginning to take shape."

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See BALIKATAN, page 59

351st MPs face unique challenge during annual training

By Staff Sergeant Lorraine Hill

FORT POLK, La.–The 351st Military Police Company, based out of Ocala, Fla., received a unique challenge this year for their annual training. They were asked to provide support in the Army's premiere role-playing exercise for light combat operations located at the Joint Readiness Training Center (JRTC).

What makes the JRTC so challenging is its focus on reality. All soldiers are required to wear light sensitive equipment, called Multiple Integrated Laser Engagement System (MILES), which picks up pulses of light generated from weapons mounted with similar equipment. This realistic training is the ultimate test of the soldiers' skills and their ability to react on the battlefield where weapons demonstrate their results via simulated injuries or death.

The 351st, along with its subordinate detachment from Jacksonville, Fla., participated in this exercise, training as they would fight on the battlefield. The Ocala MPs battlefield missions include battlefield circulation control and rear area security.

According to Sgt. 1st Class Nathaniel Mulkey, one of the unit's platoon sergeants, under the Fort Polk scenario, the 351st acts as if it was deploying to a foreign country to help provide security for a town that is under attack by hostile insurgent forces. Mulkey said, "Overall, the mission is good. We make sure the roads stay clear, the civilians are not under attack and we protect them from criminal activities similar to those that occurred in Bosnia."

At Fort Polk, the training approaches a new level in reality. Mulkey said, "Training is very realistic. We went through simulated combat attack ambushes and the stress level is very high." With a very serious look, Mulkey added, "Throughout this training a lot of people are mad at each other. What happens in real war is happening here. We're like, at each other's throats, but we are a team. We stick together. No matter what, we get out there in the dirt and we get it on."

According to Mulkey, during the annual training the soldiers learn to work together as a team. The unit was practicing infantry skills, making foxholes, establishing perimeter defenses, conducting roving patrols and using night vision devices to detect enemy activity at night.

"During this exercise, we live what we learned in common task training (CTT). We are actually doing it and not just hearing about it." Mulkey said.

Photo by Capt. Troy Jasper

Members of the 351st Military Police Company practice-evacuating soldiers to a military hospital after the soldiers receive simulated injuries from a mock firefight.

Photos by Capt. Troy Jasper

(Clockwise from above) The 351st Military Police Company of Ocala, Fl, reacts to sniper firer while on a mounted security patrol during mock battles at the Joint Readiness Training Center, Fort Polk, La. Sgt. Debra Folsom, medic for the 351st, applies camouflage paint to her face before a military patrol. Christjan Gaudio, an acting platoon leader for the MP Company, runs towards the opposing forces after his platoon is attacked during a mock firefight. Spec. Nathaniel Mulkey gets a brief break between firefights with opposing forces.

This emphasis on reality training, at the JRTC, pushes the soldiers to personal levels of achievements they did not know they had. Sgt. Debra Folsom, the unit's medic, said in a tired voice, "I'm taking care of real world casualties and medical problems as well as role playing casualty scenarios."

Folsom added, "This mission pushes you to your limit. I have never experienced anything like this before. I have always admired soldiers for what they stood for. And I want to be part of that."

With just two years in the unit, Spec. Charles Callison said, "I joined because I didn't have any other choices. So I just decided to join the Army. The Army is a gift. It's changed me. I like rolling around in the dirt."

The JRTC scenario gives the unit the realistic battlefield training they need to accomplish missions. The 351st Military Police Company was presented with and met the challenges of a training environment that is considered to be as realistically close to combat as is possible in peacetime. If called upon for deployment to a combat mission they will be ready because, according to Callison, "The training here at Fort Polk is the best training I ever had."

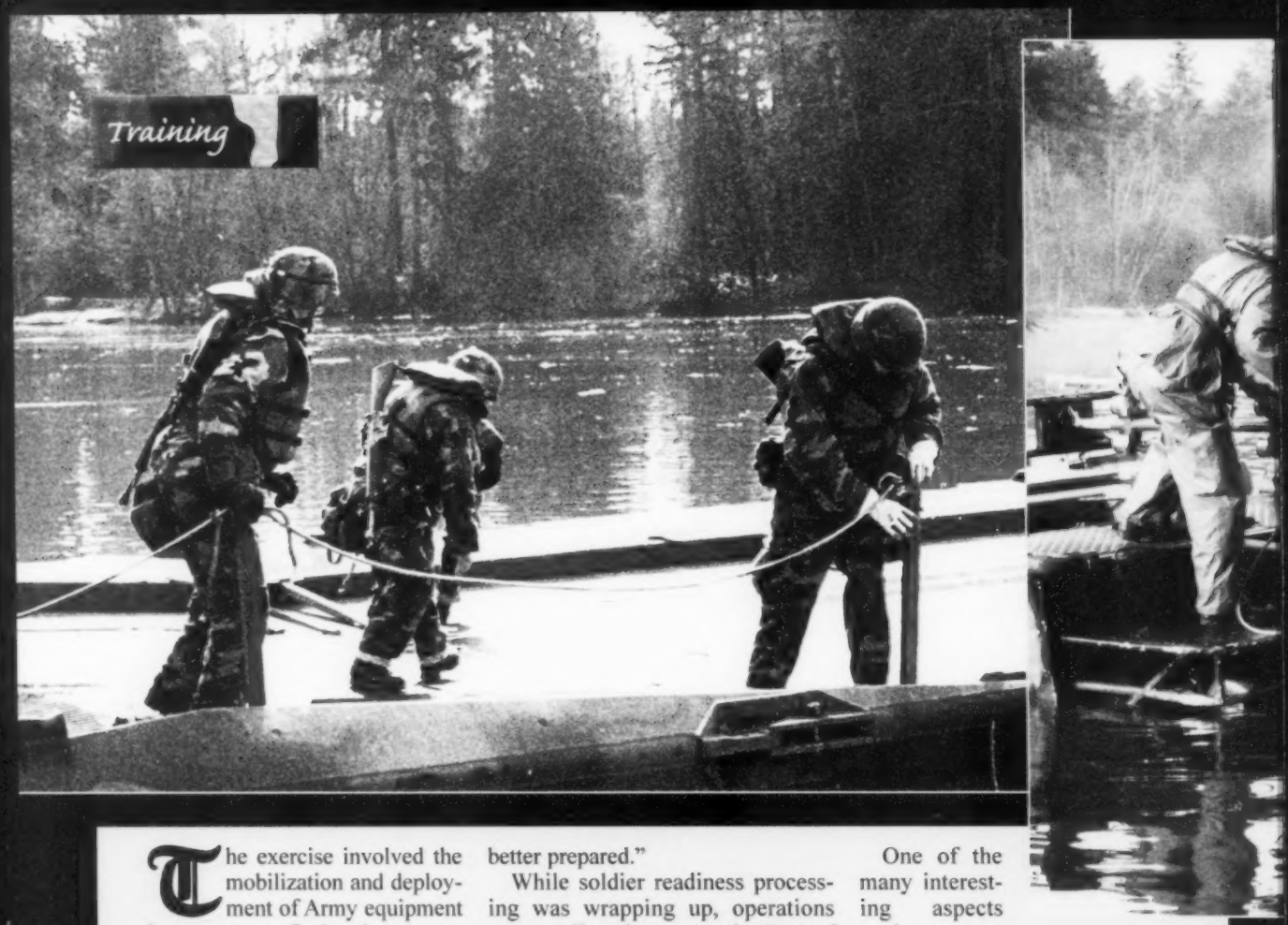
(Staff Sgt. Hill is with the 204th Mobile Public Affairs Detachment, Orlando, Fla.)

Operation Puget Thunder "rocks" Seattle

Story and Photos
by Tony Johnson

(Clockwise from left) Reservists work aboard one of the boats used to position the floating bridge, lowering the bridge into Sequalitchew Lake. Soldiers work to position the floating bridge pieces into place. Sgt. Daniel Boucher (standing on top) watches closely as a piece of the steel girder bridge is pushed into place. Members of the 396th Combat Hospital assess one of the victims of the mock chemical attack.

The rumblings heard and felt around the Port of Tacoma and Fort Lewis, Wash., recently weren't aftershocks from the February Seattle earthquake, they were being made by the Army Reserve's heavy equipment that was in the area as part of the Operation Puget Thunder. About 1,500 soldiers from around the country for the two-week long training exercise coordinated by the Army Reserve's 70th Regional Support Command (RSC) based in Fort Lawton just outside of Seattle.



The exercise involved the mobilization and deployment of Army equipment and troops to a fictional overseas country. In actuality the soldiers were deploying to the Army's Yakima Training Center about 100 miles east of Seattle.

During one of the first phases of the exercise, members of the Army Reserve's 2122nd Garrison Support Unit based at Fort Lewis performed soldier readiness processing for more than 600 of the Army Reservists in the area for training. They reviewed the personnel records, medical and dental records, etc. and ensured the files were up to date and completed accurately.

"This was hard work and long hours, but provided an important service for the soldiers," according to Master Sgt. Richard Bartell of the 2122nd public affairs office. "The soldiers who went through are better prepared for future deployments and the soldiers of the 2122nd are also better prepared."

While soldier readiness processing was wrapping up, operations were well underway at the Port of Tacoma. The Army Reserve 1395th Transportation Terminal Brigade took over port operations. A total of 139 vehicles were being loaded onto a fast sealift ship belonging to the Military Airlift Command as well as onto landing craft operated by the Army Reserve 175th Transportation Company.

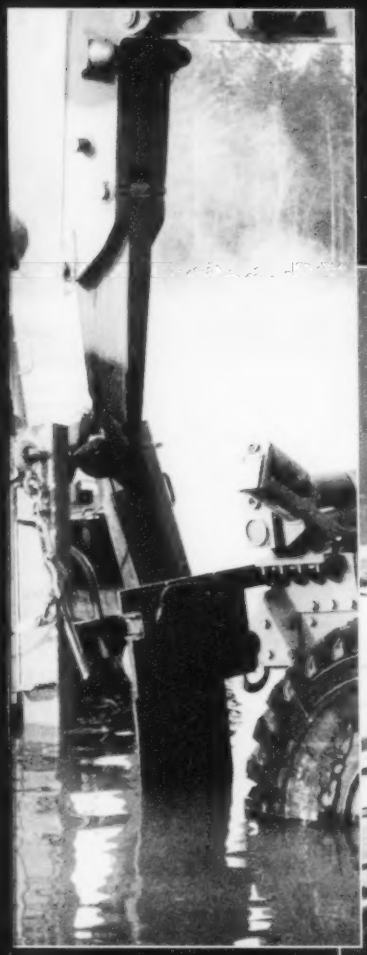
"We gather information about each vehicle that's loaded onto the ship to ensure when it's off-loaded it goes to the right unit," said Spec. Marivic Dangio, a management coordinator for the Army Reserve 647th Transportation Detachment (Cargo Documentation) based in Tacoma.

"We've done this before, but normally only during annual training," continued Dangio whose participation in Puget Thunder was limited to the unit's drill weekend.

One of the many interesting aspects about Operation Puget Thunder was the way the exercise was developed and funded. Normally, a training exercise of this scale has a two-year planning cycle and costs upwards of $3 million according to Maj. Eric Rydbom, unit training officer for the 70th. This exercise was planned in nine months and cost much less than other similar exercises.

"We modeled this exercise after Operation Caribbean Thunder conducted by the 65th RSC in Puerto Rico," said Rydbom. "We focused on using the internal assets of the 70th RSC and scheduled this in conjunction with a normal drill weekend."

"There was tremendous coordination and cooperation with the active component as well as with the other services involved. This was great training for all the soldiers especial-



(From Left) Soldiers walk the length of the floating bridge, snapping the side railings into place. A soldier from the 671st Engineer Company works to release his boat from the rig that lowered it into Lake Sequalithew. The floating bridge is slowly moved into place spanning Sequalitchew Lake as smoke from the boat engines fills the air.

ly from the multi-component standpoint. Our goal was to provide good training that was also fun."

Puget Thunder involved not only Army Reservists but also active Army units, along with Navy Reserve, Army National Guard and Coast Guard personnel.

As equipment was being loaded onto ships and landing craft bound for Solo Point, soldiers from the 671st Engineer Company based in Portland, Ore., were constructing a temporary bridge across Sequalechew Lake on Fort Lewis.

Each piece of the bridge was driven to the lake on the back of a 1-½ ton truck. Each truck carefully backed up to the lake and then released the bridge piece. As each piece hit the water, it would unfold to its full-size. Soldiers in small boats were on-hand to quickly latch onto the bridge piece and then push it into place away from the unloading zone. Piece by piece was dropped into the water and then moved aside where the other pieces were floating nearby. As the sections were attached the bridge began to take shape. Once all the pieces were linked together, the boats were used to slowly swing the bridge around into position. End ramps were folded out and attached to huge stakes hammered into the shore. Soldiers quickly walked the length of the bridge snapping side railings into place.

"Awesome," is how Spec. Summer Bernier, a 19-year-old medic with the 671st summed up seeing the bridge being built. "I've only been with this unit for three months and it's great to be out here watching them in action."

Not long after the floating bridge was in place, landing craft began approaching the Solo Point ramp on the shore of Puget Sound carrying the vehicles loaded at the Port of Tacoma. One by one, the landing craft approached the shore and lowered their loading ramps. Humvees, ambulances and other vehicles were driven off the boats and up to a staging area just above the shoreline.

But the boats being unloaded weren't the only activity in the area. Members of the Coast Guard and

Navy Reserve were using small boats to act as protesters and harass and attempt to interrupt the military operation. To counter and attempt to control them, members of the Coast Guard Port Security Unit were on hand to deal with the "protesters". Using fast moving skiffs, the Coast Guard would quickly intercept the protesters to keep them from interfering with the off-loading operation.

Without incident, all the vehicles disembarked from the landing craft and fell in place for the convoy to Seqaulechew Lake where it successfully crossed the newly constructed floating bridge.

The next phases of the operation took place at the Yakima Training Center.

Here soldiers from the Army Reserve 396th Casualty Support Hospital, the 357th Chemical Company, and the 671st Engineer Company were gainfully engaged in the exercise.

The 671st was tasked again with constructing a temporary bridge. This time it was a steel girder bridge across a ravine and was the first time this unit had undertaken this type of construction project in a field setting. It was hard, heavy labor dependent upon careful coordination and teamwork by the soldiers. Each girder had to be placed into position by hand, sometimes requiring at least six soldiers to carry just one piece.

"This is what the Army pays us to do, build these bridges," said Staff Sgt. Daniel Boucher of the 671st. "Besides, it's fun."

Slowly but surely the bridge began to span the ravine. The plan was to have a convoy of vehicles cross the ravine. However, this was not to be. The unit ran into trouble securing the bridge because of the different grades on each side of the ravine. While the engineers worked to solve the problem, the convoy was routed around the ravine to prevent any delay of the exercise scenarios.

"There was no need for us to 'insert' many additional training obstacles into the exercise," explained Rydbom. "Enough 'real-world' problems (like the trouble with the girder bridge) arose that challenged the soldiers and presented them with additional training experience."

Soldiers from the 671st work together to hoist one of the pieces for the steel girder bridge.

"These types of problems are inherent to field training and it's valuable for the soldiers to work through these so they are better prepared for any future deployments," continued Rydbom.

Once the convoy was moving, things began to happen quickly. Soldiers from the 357th Chemical Company were positioned along the route to ambush them. Loud bangs echoed across the training area as smoke bombs were detonated, engulfing the convoy vehicles in yellow smoke. This was done to simulate a chemical attack.

The soldiers in the convoy stopped and hurriedly donned their gas masks before quickly continuing on their way.

The next stop for the convoy was the decontamination hospital that had been assembled by the soldiers for the 396th Casualty Hospital.

As each truck from the convoy pulled into the hospital site it was met by medics in full MOP gear. A quick assessment was done of each "victim" and then they were moved to the appropriate decontamination tent.

Slowly and methodically the hospital staff worked together to remove the decontaminated clothes and gear from each patient. Then the medics simulated scrubbing each soldier down to remove any lingering chemical agents. Procedures were carefully followed, and more experienced hospital unit members watched closely and offered assistance and guidance as needed.

Capt. Ann Lucas, a nurse with the 396th, explained the value of training to her unit.

"We're a TIER 1 unit, (meaning the unit would be one of the first activated if needed to support wartime operations,) so there is always a great possibility we'll be deployed. Working in the field provides priceless experience and helps us understand even better how we fit into the big picture," said Lucas.

In the after action report, Col. Anthony Olenczuk, deputy chief of staff of operations for the 70th, sum-

marized the overall success of the exercise.

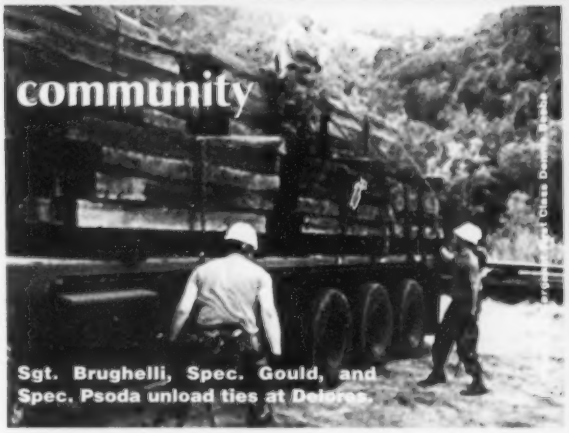
"Puget Thunder gave unit commanders the chance to participate in realistic scenarios that focused primarily on mobilization issues and METL tasks they would rarely have the possibility of addressing in the standard training cycle."

"The exercise allowed the 70th RSC and subordinate units the opportunity to assess preparedness of units to mobilize in order to focus future assistance resources," concluded Olenczuk.

(Mr. Johnson is with the U.S. Army Reserve Command Public Affairs Office, Fort McPherson, Ga.)

Galloping Goose

community



Sgt. Brughelli, Spec. Gould, and Spec. Psoda unload ties at Delores.

By Sgt. 1st Class Dennis Beebe

DOLORES, Colo.–The 423rd Transportation Company from Ft. Carson is at it again.

The mission: Transport 10 miles of antique narrow gauge railroad track and ties from storage in Denver at the Rocky Mountain Arsenal, stockpile it briefly at Ft. Carson, then move it entirely down to Dolores, Colorado where volunteers will build the track through the town and up the Dolores river about 9 miles.

Dolores is a town of 1,020 people located 10 miles north of Cortez, Colorado.

Several years ago, a group of railroad enthusiasts worked with the Rotary Club and the town of Dolores to refurbish a self propelled railroad vehicle called 'The Galloping Goose' and eventually build a track through town and the surrounding area. They plan to be using it both as a light rail transport system and a tourist attraction.

The 423rd Transportation Company was called on to transport 30 trailer loads of rail and 10 trailer loads of ties over 350 miles from storage at Rocky Mountain Arsenal to Delores. The trip down took nearly 10 hours. The return trip took only eight hours.

The town of Dolores had purchased the rail motor vehicle in 1953 and the Galloping Goose Historical Society (GGHS) completely refurbished it to original condition with a $25,000 grant from the Colorado Historical Society. This grant was unique because the state historical society only gives grants to buildings. The Galloping Goose is the only structure on wheels to receive one.

It is the fifth of seven built in Ridgeway, Colorado in 1933 at the Southern Main Shop under the operation of Jack Odenbaugh.

The first one built was a prototype and did not survive. It had a single rear axle that turned out to be nonfunctional, as it was built too light and did not have the capacity to handle the weight requirements.

Of the next six built, numbers Two, Six, and Seven, reside in the Colorado Railroad Museum in Golden. Number Three is functioning at Knotts Berry Farm in Buena Park, California. Number Four is on static display 60 miles away from Dolores, in Telluride. Number Five is taken yearly to the Cumbres-Toltec Scenic Railway where it carries passengers from Chama, New Mexico to Antonito outside of Alamosa, Colorado along the scenic Rio Grande river in the spring.

In August, the second annual Railfest of the Durango and Silverton Narrow Gauge Railroad (D&SNGRR) will take place in Durango involving both Galloping Goose Motors Number Two and Number Five.

The town of Delores all pitched in to help support the soldiers during Operation Galloping Goose. Val and Deanna Truelsen, owners of the Ponderosa Restaurant, provided dinner for the soldiers each night, and Roy Plemons of McDonald's in Cortez provided breakfast at a much reduced rate each morning. Lieutenant Keith Domorese and Sergeant Matthew Rossi of the Colorado National Guard provided lodging and a parking place for the trucks and equipment each night, and Pat Burns of Delores provided and operated the forklift used to unload each of the trucks.

Mayor honors Soldier for community involvement

By Tim Paullin

ABILENE, Texas—It was a sunny Sunday afternoon, like any other day as members of the All Faith Ministries gathered in their small but humble church. The U.S. Army and Abilene Mayor Grady Barr joined them. All gathered together to honor one of their own.

The Mayor was present to honor not only a member and co-pastor of the All Faith Ministry, but an Army Reservist and beloved member of the Abilene community, (Rev.) Maj. Karen Chambers.

With him, he brought a proclamation proclaiming February 11 "Karen Chambers Day" for her outstanding contributions to her community.

Chambers has been stationed at the Abilene's Army recruiting office since late 1999, working within the community to spread the word about the Army.

"I cannot express my appreciation enough," explained Lt. Col. Ernest A. Tafoya, Dallas Battalion Commanding Officer. "There isn't a person who lives in Abilene who doesn't know Maj. Chambers or about the Army and the Army Reserve. I am thankful for her dedication to the Army, her family and her community. It is only fitting that she be recognized for her efforts."

Since receiving her calling in 1997 and becoming an ordained licensed minister, Chambers has been helping spread the word ever since. While she returned home to tend to her mother, she has also committed herself to being a Soldier.

"There isn't a place or person, who hasn't seen or heard from Karen Chambers the minister and the Soldier," testified Linda Coleman, All Faith Ministries member.

According to Coleman, she has been every place in town, from the crack houses to the mayor's house, spreading the word about God and the Army.

The 49-year-old Chicago born Chambers moved to Pasadena Heights in east Abilene at age six months where her parents purchased land and built a home.

"There were seven of us, but one of my brothers died at 7 months old," explained the soft-spoken Chambers. "In our home, it was very lively. My father, Matthew Chambers, was a very proud man. He would always tell us that life is like a stage and when you walk out on the stage, it's good for you to be dressed properly. It's good for you to be on your best behavior," she added.

Following graduation from Abilene High School Chambers attended decided to take on a career in nursing. Her mother had always wanted to be a nurse but married and raised her children instead. In a way she was fulfilling a dream for her mother.

She attended Sisco Community College in Abilene and began her nursing career. Chambers has worked in many capacities on a hospital staff, from working as a Registered Nurse to working in the hospital administration.

Then one day out of the blue, an Army Reserve Recruiter called. Chambers had always wanted to serve in the military, and as she explains it, everything happens for a rea-

son.

"I always wanted to be in the military," said Chambers. "It was a dream I had thought was just that — a dream. When the recruiter called me I knew this was opportunity knocking on the door, and I took it."

Enlisting into the Army Reserve, Chambers was already a RN so she went to Army Medical Officer School and became a part of the Army Nurse Corp. She worked in various Army Hospital Units and even spent time in Dessert Storm. It wasn't until 1997 when she was stationed at the 4005th Army Hospital in Houston, Texas, that she felt she had a calling to the ministry.

"I was working in Houston when God called me to the Ministry," explained Chambers. "Just as my Army Recruiter gave me the opportunity to serve my country, now God was giving me the opportunity to serve him too."

Since her return, she not only serves God, but her community as well. Chambers' contributions to her community are endless. She is a member of the Black History Committee; Grand Marshal for Abilene's first Black History Parade and a member of the Abilene Interfaith Council. She is a guest speaker at local schools, churches, and civic organizations. The co-pastor at All Faith Ministries, a Big Sister volunteer to a local youth at risk, she mentors high school drop outs, and serves as an advisor to the Mayor on Army benefits, presence and accomplishments within the community.

She has been instrumental in Army entrance exams tested in Abilene public high schools and increased the number of walk-in applicants by 90 percent. She is a life member of the local Veterans of Foreign Wars, Toastmaster, and even a judge for the Miss Texas/Miss Abilene Beauty Pageant.

The list goes on and on. But this is just a small fraction of her commitment and dedication. She cannot explain it fully except that she feels God has called upon her and she has answered in the same way she has answered her call to the Army, with honor, courage and commitment.

Senator serves state and country

Reservist finds military, civilian jobs mutually beneficial

By Master Sgt. Betsey DePoint

For many in the U.S. Army Reserve, having both a civilian and military career is mutually beneficial. A lawyer with his own private practice, Col. Don Betzold, commander of the 214th Legal Support Organization (LSO), uses his military training in his third job as a Minnesota state senator.

"My Army career has really helped me in my political career," said Betzold. "I've learned things in the Army that you simply can't learn better anywhere else – leadership, responsibility, organization, making order out of chaos. And I'm also always on time – usually the first one in my seat in the Senate floor!"

Betzold has earned the praise and respect, not only of his constituents who live in the northeast Minneapolis suburban area, but of those professionals who keep close tabs on the Minnesota State Legislature where Betzold has served for more than eight years.

Col. Don Betzold, takes care of some paperwork during a drill weekend. Senator Betzold addresses the legislature during a recent session.

He has served with distinction and was named Legislator of the Year for 2000 by the newsletter Politics in Minnesota. The editors cited Betzold's "fairness and thoroughness" as a legislator and his "tenacious and responsible – albeit politically unpopular – leadership on privacy issues." And last year, Betzold was the second Minnesota legislator to ever be awarded a Henry Toll Fellowship by the Council of State Governments, a nonpartisan national organization promoting effective government policies.

His military career spans 28 years. He received an ROTC scholarship and earned a degree in broadcast journalism from the University of Minnesota. Betzold then spent four years on active duty with the Signal Corps with assignments in Germany. When he got off active duty and joined the Army Reserve, Betzold used the G.I. Bill to attend law school and later switched branches to the Judge Advocate's General corps.

The 214th has 50 soldiers

split into two teams; one drills at Fort Snelling and the other in Madison, Wis. Unit members, most of whom are attorneys or work in the legal field, provide legal assistance to active-duty and retired soldiers, conduct legal briefings at unit family day celebrations, and serve as prosecuting or defending attorneys for court cases and boards. When units are mobilized for active duty, the LSO helps them with legal issues. Members typically spend their annual training working in a JAG office, including overseas duty for training in Germany and Italy.

While he has gleaned much from his military career to help him in his political career, Betzold has to be careful that the two don't ever cross over into each other. "There are clear limits and boundaries and I have to be sure to keep a firewall between," he pointed out. "When I'm serving as a soldier, I can't do anything to promote my party's principles. If members of my unit are politically active, I must make sure I've removed their names from any fundraising mailing. I outrank everyone in my unit so I can't have undue influence over them by asking for money or support."

During the five months the Minnesota Senate is in session, Betzold's private law practice is usually on hold. "I try not to take on any new cases close to the beginning of the session in January. Then I pick up the pieces after we adjourn in late May."

"I get a great deal of personal satisfaction from being able to take an idea and do something legislatively that will affect the 4.5 million citizens of Minnesota," said Betzold who said he responds to every phone call, letter, and e-mail message he receives from constituents. "But even brilliant ideas get changed along the way to becoming a law. People demand a lot from us and often expect more than we can deliver – they want us to reduce taxes, but at the same time, fund more programs and services. It's a challenging and interesting process."

(Master Sgt. DePoint is with the 88th Regional Support Command, Fort Snelling, Minn.)

Elvis salutes women veterans

Story and photos by Capt. Jacqueline Guthrie

MILWAUKEE, Wisc.—Duty, honor, country and a lot of rock and roll was the setting of a recent tribute to women veterans.

The Illinois' Cook County VietNow hosted "We Salute Women Veterans: Come Rock With Us," in February with help from Col. Jill Morgenthaler, 84th Division (Institutional Training), U.S. Army Reserve, and also with help from the Elvis Entertainers Network.

"Tonight is the first time in my 24 years as a soldier that I have seen a tribute dedicated to women veterans," Morgenthaler told the more than 200 guests in Hickory Hills, Ill. Morgenthaler is the deputy chief of staff for information management at the 84th Division headquarters in Milwaukee.

Morgenthaler said more than 2 million American women have served in the military since the beginning of our nation, and while they are too often forgotten, they are definitely worthy of honor.

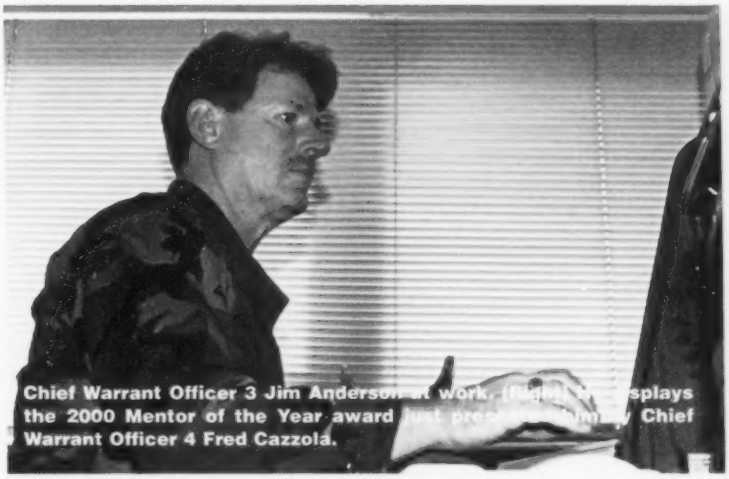
Col. Jill Morgenthaler (third from left) poses with the members of the Elvis Entertainment Network who performed for the "We Salute Women Veterans: Come Rock With Us," event.

"In every war in American history there have been women: women as nurses, secretaries and journalists; in the infantry, artillery and cavalry; flying above the ground and spying on the ground," she said. "They were considered saints or sinners. They were unrecognized. They were unacknowledged. They were misfits. But they were there."

"Women Veterans," concluded Morgenthaler, "We have always been there and we will always be there."

(The 84th Division (IT), is headquartered in Milwaukee and has subordinate units and soldiers throughout the states of Wisconsin, Illinois, Michigan, Minnesota, Ohio, Iowa, and Indiana. As an institutional training division, the 84th currently performs a variety of missions in support of the Army school system, also known as TASS. Missions include providing basic combat training and infantry one station unit training to new soldiers and officer training to ROTC cadets. The division personnel also train active and reserve component service members in combat service, combat service support, health services and professional development courses. For more information about the 84th, visit www.84thdivision.com)

Mentoring pays off for warrant officer



Chief Warrant Officer 3 Jim Anderson at work. [illegible] displays the 2000 Mentor of the Year award just presented to him by Chief Warrant Officer 4 Fred Cazzola.

Photos by Staff Sgt. Bill Geddes

Story by Staff Sgt. Bill Geddes

FORT SNELLING, Minn.—When the Fort McCoy Chapter of the U.S. Army Warrant Officer Association started looking at the nominations for the first Warrant Officer Mentor of the Year Award, one choice, Chief Warrant Officer 3 Jim Anderson, stood out.

"It was unanimous," said Chief Warrant Officer 4 Fred Cazzola, president elect of the Fort McCoy chapter. "We felt the first one should go to Jim for all the work he's done trying to set up the Warrant Officer mentorship program."

Anderson's commitment to being a warrant officer is one of the driving forces behind his involvement in these programs. "I sincerely take warrant officer mentoring to heart," the management branch chief for the 88th Regional Support Command Personnel Directorate said. "I'm very grateful for the opportunity to be a warrant officer. I'm proud to be a warrant officer."

The mentorship program is designed to help develop the junior warrant officers, according to Cazzola. Tied into that is an opportunity for the senior warrant officers to learn something from the junior warrant officers. "It's a program of development and leadership designed to lead us into the future," Cazzola said. "It's also taking care of warrant officers – warrant officers taking care of warrant officers."

Anderson implemented his command's program in September of 1999, hosting the first mentor conference. A nucleus of senior chief warrant officers from the Office of the Chief of the Army Reserve, Army Reserve Personnel Command, Full Time Support Management Division, and other power structures were invited to present information on issues and topics near and dear to warrant officers' hearts. A second conference is being scheduled to coincide with the Commander's Conference in May.

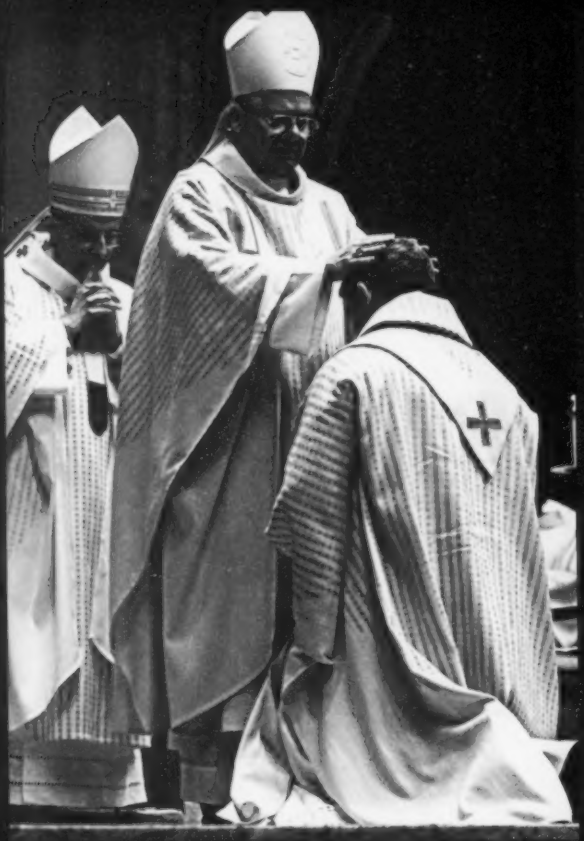
A Warrant Officer Mentorship Program binder, also developed by Anderson was handed out at the conference in an effort to give warrant officers the tools needed to succeed. Included in the binder is a history of the warrant officer corp, with expectations for warrant officers and tips for success for new warrant officers, a warrant officer education schedule with registration codes, and points of contact and phone numbers for the warrant officer career center at Fort Rucker. Also included is information on the prerequisites needed to become a warrant officer, along with an application packet for any warrant officer candidates a current warrant officer comes in contact with.

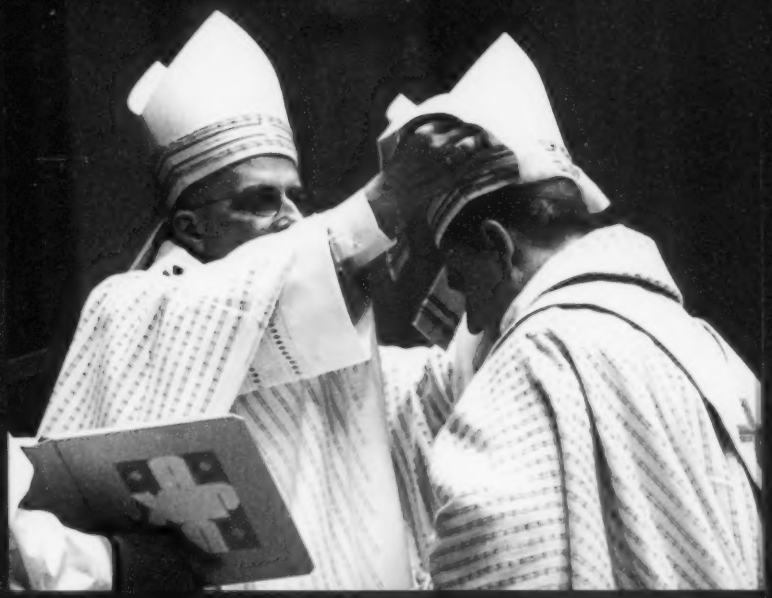
Receiving the award came as a big surprise to Anderson, who did not realize he had been nominated. "I submitted six names in nomination for this award to the association of people who have done a lot of work, and all of them are very deserving of this award. If I have any input on the next award, I'm going to make sure one of them get it."

Knowing Anderson, one of them probably will. "Quiet professional is the code name," said Anderson, "but you have to speak up or you'll be forgotten."

(Editor's Note: Warrant officers who have not received a Warrant Officer Mentorship Program binder, call Anderson at (800) THE ARMY, ext. 3059. Staff Sgt. Geddes is with the 364th Mobile Public Affairs Detachment, 88th Regional Support Command, Fort Snelling, Minn.)

Army Reserve





By Staff Sgt. Bill Geddes

CHICAGO, Ill.—Chaplain (Lt. Col.) Jerome Listecki, didn't expect to be named an auxiliary bishop of the Archdiocese of Chicago. But after the Jan. 8 ordination, a bishop he was, much to the delight of the thousands gathered at Holy Name Cathedral here.

"I was told on Oct. 25 (2000)," Listecki said. "That morning I was called to the residence of the cardinal (Cardinal Francis George), and he told me in a private conference that the Holy See (the Vatican office) had made me an auxiliary bishop, much to the surprise of both of us."

Listecki's surprise was understandable. There are 336 bishop positions throughout the United States, and more than 46,405 priests who are potential candidates for those positions, according to the 2001 Official Catholic Directory. And while priests don't actively campaign to become bishop, ("It's not like the military at all," said Listecki, "they don't have a board,) it is considered a great privilege to be ordained a bishop.

A bishop is seen in the Roman Catholic religion as a successor of the Apostles, according to the Archdiocese of Chicago. He receives the office of teaching, governing and sanctifying upon ordination and is expected to exercise the office in union with the pope and his brother bishops around the world.

Selection process

So how did Listecki get selected for the position? "What happens is from time to time the bishops of the region or the Apostolic Nuncio (the ambassador from Rome to the American Church) will submit names of people who should potentially be looked at as bishops," Listecki said. The Holy See then looks at the recommendations, and if they are serious about a candidate, send letters called scrutinies or interrogatories to acquaintances of the candidate with questions about the person's character, ability to maintain and teach the faith and about a person's pastoral care or liturgical ability. Once the letters are returned, they are looked at to see if the person is an apt candidate.

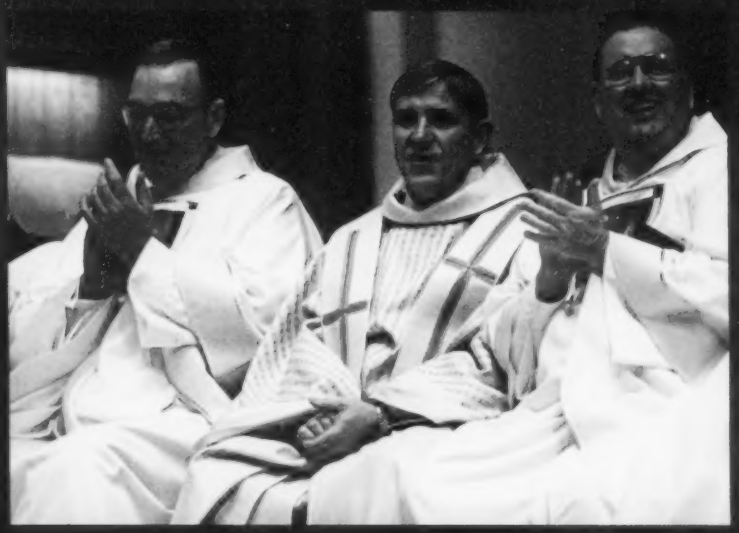
"There may be hundreds of apt candidates," Listecki said "It just depends upon whether someone puts you on what they refer to as a turna (three names to fill an open position). The Pope can immediately select one of the three names – or he can select anyone he wants make the bishop. No one knows exactly what the process is, but we know that those names usually go before the pope and he selects one of them."

As surprising as the selection was to Listecki, once the Vatican's formal announcement was made Nov. 7, congratulatory calls emails and faxes began to pour in to St. Ignatius Church, where Listecki serves as the parish priest. Listecki, bound by papal secrecy, had had to keep it quiet until then. "It was a real slow

Chaplain ordained as Bishop

Photo by Staff Sgt. Bill Geddes

(From left to right) A bishop blesses Chaplain (Lt. Col.) Jerome Listecki during his ordination to bishop. Each bishop in attendance performed this blessing. Cardinal Francis George presents Listecki with his miter, the liturgical headdress proper to all bishops including the pope. Listecki addresses the congregation. Fellow bishops acknowledge Listecki with applause.



newsday of course," said Listecki, "with the presidential election and everything." Those in attendance at the Jan. 8 ordination echoed the congratulatory messages finding Listecki to be deserving of the honor.

"Jerome was a chaplain in the 86th Army Command (ARCOM) and the 85th Division when I served in the ARCOM as the deputy commander," said Maj. Gen. (ret.) John E. Scully, former commander of the 102nd ARCOM. "He's an outstanding priest, and he's a wonderful chaplain, because like most Army chaplains, he takes care of everybody. His humility has impressed me most. Somebody asked him the other day 'Now that you're bishop, what are we going to call you?' He said 'Well, you can call me Jerry, or Chaplain Listecki.' I think that just communicates the kind of man he is."

Positive image

Rev. Steve Baseau, a priest in the Archdiocese of Kansas City, Kansas, agreed. "He is a priest's priest. Somebody like him, to use as a point of recruitment (for the Army), would be excellent. He is a very positive image of priesthood, a very positive image of the church, and he conveys it in a very joyful way too. It makes perfect sense he was consecrated as a bishop today, because he really stands out above the rest."

Lt. Col. Eric Wester, Office of the Chief of Chaplains, Department of the Army, agreed. "Bishop Listecki represents a perfect example of combining his civilian ministry, faithful both to the church, and his outreach to the Army chaplaincy – faithful to the nation. He has blended those beautifully. This is evidence that it's possible to be recognized for your fantastic gifts in ministry, both as an ordained clergyman, and as a chaplain in the Armed Forces. That's the cornerstone. He's blended it and made it work beautifully."

Listecki feels he's gotten just as much out of it though. "It's very rewarding. It's hard for them (priests and seminarians) to be put into my shoes and experiences, but certainly I share with them that whatever they would do and however they would give to the men and women in the service, much more comes back to the minister than is given."

Having said that, Listecki, who currently serves as the chaplain for

See BISHOP, page 59

Kudos

Uncommon Hero

Retired Reservist recalls training, saves life

John Frederick stands ouside the fire-gutted building that housed the Elite Cafe in Springfield, Ohio. He risked his life to assist a woman trapped inside after the building caught fire last October.

Photos by Marshall Gorby, Springfield News Sun Photographer

By Pfc. Alicia Medina

SPRINGFIELD, Ohio—John B. Frederick almost didn't stop Oct. 13 when he drove by the Elite Cafe and noticed smoke rolling from the second-story windows and flames shooting up the outer walls.

"Had I seen someone already there to help, I wouldn't have stopped," said Frederick, a retired member of the 88th Regional Support Command, now a civilian employee.

Thankfully Frederick did stop, and after assessing the situation, he rescued one person and assisted four others from the burning building in Springfield, Ohio. Frederick was returning from an errand to his job as a shop supervisor at the 656th Transportation Company in Springfield, when he passed the Elite Cafe that morning.

Since no one appeared, he decided to stop and see if he could do something, said Frederick, a retired Army sergeant first class who served 29 years in the military, including nine as a 656th Transportation Company truck master.

Once he stopped, he ran to the only door leading to the upstairs apartments. Frederick touched the door to see if it was hot before attempting to kick it open. Finding the door bolted, he ran to the side of the building to see if anyone was at the windows. The owner was standing behind the building trying to call for help on her cell phone.

After Frederick kicked at the door again to gain entry, a man opened the door and came staggering out coughing and gagging. Quickly, he asked the man if there was anyone else upstairs. The occupant told Frederick that there were others.

Not hesitating, the 50-year-old ran inside and up to the first-floor landing where he found a lady crying that people were still inside. After he assisted the woman to the stairwell, Frederick continued his search for more people.

Hesitating or thinking of his own family and his own safety, never crossed his mind, Frederick said. Conditioned by the military

(Left) A rainbow appears from the water spray as firefighters from the Springfield Fire Division battle the four-alarm fire at the Elite Café, Springfield, Ohio. (Above) Firemen struggle to extinguish the blaze.

to stop at nothing to assist his fellow soldiers if they were down, he knew that quick reaction on his part was crucial, even if it meant risking his own life. "My conscience would have bothered me more than anything if I hadn't gone in," Frederick said.

On the second floor the fire was burning bright orange and the area was filled with smoke. After assisting three men to the staircase, Frederick headed up the third flight of stairs and met a man coming down. The man reported a disoriented woman was still on the third floor.

"I bent low and took a deep breath from the cleaner air near the floor," Frederick recalled. "I crawled up the stairs on my hands and knees calling to the woman. I could hear her stumbling around."

Frederick grabbed the confused woman, threw her over his shoulder, and jumped down about fifteen steps. "The walls and the ceiling were caving in," Frederick said. "I didn't know whether I'd make it, so I jumped the first flight of steps. With me having bad legs, that was a bad thing to do, but they held up."

The building was burning around him as he ran down the last flight of stairs and out the door to safety. There, a police chief had arrived and was assisting the fire victims. "I set her on the ground, and I was coughing and gagging and blowing snot out of my nose," Frederick said. "The fire trucks were arriving, and my truck was in the way, so I just got in my truck and went back to work."

Later that morning Frederick returned to the scene and talked to the fire investigator. He gave a description of what he had done and the people he had saved.

Frederick's good deed hasn't gone unrewarded. The local Veterans of Foreign Wars post presented him with a flag and a certificate for heroism at a recent dinner recognizing local people who have risked their lives for others. **(Pfc. Medina is with the 367th Mobile Public Affairs Detachment, Whitehall, Ohio)**

81st RSC spouse receives Army Reserve Volunteer of the Year Award

By Sgt. Derrick Witherspoon

BIRMINGHAM, Ala.—Throughout the U.S. Armed Forces there are military personnel working everyday to help defend and keep America and its allies safe from harm. For all these soldiers and their families there are also civilian volunteers who support them just as well, and for the Army Reserve one volunteer is Cindy Sykes.

Mrs. Sykes, spouse of Lt. Col. Timothy Sykes of the 75th Combat Support Hospital (CSH) located in Tuscaloosa, Ala., recently received the U.S. Army Reserve Volunteer of the Year Award for her dedication and loyalty to the soldiers of the Army and Army Reserve over the years. She received the award from Maj. Gen. Michael R. Mayo, commanding general of the 81st Regional Support Command (RSC), during a ceremony held in her honor at the RSC Headquarters here.

"I was really surprised to find out I won this award. I thought I was just one of the top 'five' volunteers in the United States Army Reserve. Not 'the' one," Mrs. Sykes said. "I am very honored to have won this award and I am appreciative to all those who have invited me to teach and speak. No award happens without the support of others."

Mrs. Sykes has volunteered more than 700 hours of her time to various events within the 81st. She has also traveled to most of the eight states within the RSC's Southeastern region speaking and teaching Army Family Team Building. Sykes said his wife has been volunteering for over 25 years.

"Cindy has been volunteering for as long as I have been in the military. Usually she gets started on one volunteer effort and then runs into something else that she wants to help out with also. She is a person that you don't have to ask twice for help," Sykes said.

Mrs. Sykes received the prestigious award for a number of reasons. In 1991 she and her husband moved to Jackson, Miss., where she became a family support group volunteer in Mississippi for the 121st Army Reserve Command. In 1994 the 81st RSC recruited her to become a member of the Army Family Team Building program as an instructor and a Volunteer Area Coordinator for the 81st RSC in Mississippi. She has hosted picnics for the 75th CSH where over 500 soldiers and family members attended. Mrs. Sykes also continues to help with the Veterans Affairs Stand Downs, which provides homeless veterans with medical aid, food and clothing, and she is still looking for more volunteer work to do.

Mrs. Cindy Sykes shows off her Army Reserve Volunteer of the Year Award.

"I volunteer so much because I do love the United States and all she stands for in the world. There is no other nation where freedom has been paid for by so many lives lost on battlefields at home and abroad. Men and women have been volunteering since our nation began and they continue to volunteer to defend their families and country," Mrs. Sykes said, as her passion for what she does pored out in every word she uttered.

Colonel Marietta P. Stanton, commander of the 75th, said Mrs. Sykes has been a fountain of energy and enthusiasm since her arrival in the unit. "She immediately joined the unit's Family Support Group and offered to help in any way possible. Ever since then she has continued to be a willing servant and assistant to all who have asked," Stanton said. "Mrs. Sykes has volunteered over 1,000 hours this past year and has managed to maintain her civilian job, her family responsibilities to her husband, children, and grandchildren, and still finds time to volunteer and assist in numerous ways in several different states within the 81st. She is a shining example of a true and dedicated family volunteer," Stanton exclaimed.

"My grandfather and dad volunteered and served in the Army. My husband Tim volunteered to serve in the Army in July 1974. So for the past 25 years I have been volunteering wherever we have lived and plan to continue volunteering until there is nothing to volunteer for anymore. I'm just doing my part," Mrs. Sykes said, with an air of joy in her voice.

(Sgt. Witherspoon is with the 81st Regional Support Command, Public Affairs Office, Birmingham, Ala.)

Army Reserve soldiers 'cook' up win in culinary competition

By Spec. Erika Gladhill

FORT LEE, Va.,(Army News Service)—Soldiers who staffed the best Army Reserve unit dining facilities and field kitchens received some well-earned recognition this March during the Connelly Awards ceremony held in Anaheim, Calif.

Staff Sgt. Malik Muhammad serves a waiting soldier.

The award, which were established in 1968 to recognize culinary excellence are given based on five categories: Small Dining Facilities — serving 200 or less per meal; Large Dining Facilities — serving 201 or more per meal; Active Army Field Kitchens — feeding during field operations; National Guard Field Kitchens and Army Reserve Field Kitchens.

The Army Center of Excellence-Subsistence (ACES) out of Fort Lee, Va., and the International Food Service Executives Association (IFSEA) — a private organization that promotes education and food service management certification out of Las Vegas, Nev. — reviewed the work of competitors from September through November. Evaluators visited the dining facilities selected by each major command, U.S. Army Reserve and National Guard command worldwide. They judged soldiers at over 40 instal-

(Above) Muhammad prepares one of his favorite cakes, the pineapple upside down cake. (Right) Sgt. 1st Class Sharon Douglas shows off a plaque following the unit's win at last Fall's Connelly Competition.

lations in seven countries. The winners were announced in January, followed by the awards ceremony in Anaheim.

Evaluations were based on various food operations including, food preparation, sanitation, administration, training and command support training.

Staff Sgt. Malik Muhammad, an Army Reservist with Headquarters and Headquarters Company, 143 Transportation Command in Orlando, Fla., said the competition enhances food service skills and is a good learning experience.

"It is a good way to show that we can compete with the active Army to show we are a team," said Muhammad. "We have a good staff. We have competed for three years, and that has showed us our strengths and weakness."

The competition is also significant because food in the field is important, said Muhammad. "In that 15 minutes you can relax and enjoy a good hot meal," he said. "It takes you out of the normal stress of being in the field."

From exposure to civilian expertise to keeping a sharp edge on specialized training, the Connelly Awards Program's intent is to improve and impact Army food service.

Sgt. Maj. Stephen Ball, an ACES evaluator for the food service awards, said the significance of the event is enhanced by the fact that it is co-sponsored by IFSEA bringing a level of expertise and a different set of eyes from the civilian community to the evaluation team.

"I think it is important to recognize excellence in food service because cooks and a lot of military occupational specialties in the Army have only a couple of days- such as Thanksgiving - when commanders say 'great job,'" said Ball. "This takes all of that to a different level because it is cooks against cooks as they progress through the brigade and division. They keep winning the competition until they get to the Department of the Army level. It is like the Olympics for the cooks, and I think it is important to recognize where we are at today."

Now that the road to the top - first place in field competition - is over, Muhammad said he and his team are going to focus on training other units within their division to compete in the Connelly Awards.

"It makes me feel good to be on a winning team. It also feels good to be able to teach younger soldiers and pass it on to my soldiers."

First- and second-place winners received a one-week training program at Johnson and Wales University, Denver, Colo., trophy bowls, plaques and certificates of achievement at various levels of competition.

(Editor's note: Spc. Erika Gladhill is a member of the Fort Lee Public Affairs Office, Fort Lee, Va.)

PLEWES, from page 7

Turning to Shinseki, he continued, THE Army? You haven't seen anything yet."

As the Chief, Army Reserve, and Commanding General, U.S. Army Reserve Command, Plewes oversees more than 205,000 Army Reserve soldiers in the Selected Reserve and another 180,000 in the Individual Ready Reserve and an annual budget of nearly $4.2 billion. The Army Reserve maintains and sustains two of the Army's major Installations, 12 regional support commands and an overseas Army Reserve Command. These commands function as "virtual installations" with facilities in 1,200 sites across all 50 states, most US territories, and in Europe.

(Lt. Col. Pullen is with the Public Affairs and Liaison Directorate, Office of the Chief, Army Reserve, Washington, DC.)

WOMEN, from page 26

future when he signed Public Law 625, the Women's Armed Services Act of 1948. More than 40 years later, women like Bonini and Gilmore and thousands of others would play an instrumental role in liberating Kuwait from Iraqi occupation.

Operation Desert Storm redefined how America perceived its reserve forces, but it also benchmarked how far the military would let women participate in war. Federal law prohibits Navy and Air Force women from serving in direct combat roles. The Army has only an internal policy that parallels federal law. he Army combat exclusion policy prohibits women in direct combat roles, but it doesn't necessarily keep them from harm's way.

Three women, two of them reservists, were among the Americans killed Feb. 25, 1991, when an Iraqi Scud missile destroyed their barracks in Dhahran, 200 miles from the Kuwaiti border. In the course of the war, two other women would die in action, one in a helicopter crash and the other in an anti-personnel mine explosion. In all, 19 women were wounded in action and two were taken as prisoners of war. Three women were non-battle fatalities and 13 suffered non-battle injuries, according to Army data.

"I am very proud of my service in the Gulf War and I do believe that I have opened the door for other women to follow me," Gilmore said. "I believe that the role of women will continue to increase in the military in the future. As the public sees women serving and succeeding in roles, there will be more public acceptance. Today, we see women who are commanders and women who serve in other leadership roles where, in the past, they may have served in strictly support roles or staff positions."

Bonini doesn't believe the Army discriminates against women. "I think the opposite is true. There aren't a lot of females in the Army. We add a different view and I think that's important to any organization that wants to get better," she said. "The Army seems big enough to accommodate all types really."

(1st Lt. Alvarez is a member of Task Force 10, assigned to the Public Affairs and Liaison Directorate, Office of the Chief, Army Reserve, Washington, D.C.)

ROLE, from page 27

in a productive manner and everyone worked together as a group. We were pretty much ready to go," she said.

Barlow spent most of her time during the war at a logistics base. Her unit, the 926th Engineer Group from Montgomery, Ala., constructed the make-shift military installation in what Barlow called "the middle of the desert." She was there for Operations Desert Shield and Desert Storm.

"We were the most forward functioning log base," Barlow said. "It was an experience," she said. Barlow, a member of the National Association of Black Military Women (NABMW) said that although she endured the threat of Scud missile attacks and many long days in the desert, it pales in comparison to what those African American soldiers endured who served in the military years before she ever donned a uniform.

"To hear ladies talk about what they went through and to hear the way they were treated definitely makes you feel like you're a part of that lineage," Barlow said.

Like the soldiers who compose its ranks, the Army Reserve has come a long way in integrating its force. Today, there are more than 52,000 African Americans in the Selected Reserve. African Americans in the Army Reserve comprise 57 percent of the total U.S. Reserve force. Davis and Barlow are just two of the more than 19,000 African American women in the Army Reserve.

"If we can understand the backgrounds of all the different people that come into the military, we can overcome a lot of the obstacles that are out there," Barlow said. "We just have to be more caring and compassionate," she added.

(1st Lt. Alvarez is a member of Task Force 10, assigned to the Public Affairs and Liaison Directorate, Office of the Chief, Army Reserve, Washington, D.C.)

STEARNS, from page 11

descent, becoming the second human being ever to break the sound barrier without a vehicle and will shatter the altitude record.

The Stratoquest jump will not only put Stearns in the history books, but it will also allow researchers to gather scientific data about astronaut egress systems for future space vehicles. The effects of transonic acceleration on the human body will also be studied in addition to a multitude of other space-related experiments that will be conducted as she climbs to altitude and then falls. Stearns' international team of researchers, aviation and parachuting experts and sponsors and supporters has already started work to get the project off the ground.

"The Army is a world of opportunities. You have to have the initiative to go after it. It is there for you to have anything you want. Nothing is handed to you," Stearns said. "If you don't work for it, you're just going to get what is handed to you and you're not going to like what you get," she said. "The Army has given me the opportunity and put me where I am today," she said. Where she will be in less than one year, will be at the brim of the new frontier.

(1st Lt. Alvarez is with the Public Affairs and Liaison Directorate, Office of the Chief, Army Reserve)

BALIKATAN, from page 39

Tadion added that the Filipinos have also received training in the use of modern tools and materials. "With access to power tools, our counterparts were amazed at the ease work was completed," he said.

Cesar Tangonan, the superintendent of Pampanga school system, took a moment away from hiring new teachers to thank the joint effort to improve the quality of education his students receive. "The residents are very grateful for the help the U.S. military is providing," he said. Tangonan said electrical power is only the first step. Later, he will push toward getting computers to ensure his students are properly prepared to compete in the global marketplace.

In addition to the Aranguren site, ENCAP also has two projects to improve schools at nearby St. Lucia Elementary School where a septic tank is being installed and Sapang Bato Elementary School where a four-room pre-engineered schoolhouse is being ecrected.

Balikatan, which means "shouldering the load together," is an annual exercise which enhances the abilities of the combined U.S./Philippine forces to perform humanitarian and civic assistance operations. About 1,700 U.S. military personnel are participating in this year's exercise, which is the seventeenth in this series since 1981.

(Journalst 2 Baughman is with the U.S.S. Abraham Lincoln Public Affairs)

BISHOP, from page 53

the Chicagoland area under the 330th Medical Brigade, at this point plans on continuing his Army service.

"Right now, it's a bit overwhelming," Listecki said. "But I wouldn't be a priest if I didn't believe in God's grace and the work of the Holy Spirit. What I do is open myself up to that, and say, 'If God wants me here, and He's given me this mission, He's going to give me the grace and strength to get through it.' I look upon this as God taking one more step, transforming me in this area and calling me to do something more for the people of God."

(Staff Sgt. Geddes is with the 364th Mobile Public Affairs Detachment, 88th Regional Support Command, Fort Snelling, Minn.)

Army Reserve seeks catholic chaplains

The U.S. Army Chaplaincy could use a few more chaplains like Chaplain (Lt. Col.) Jerry Listecki, the newly ordained auxiliary bishop at the Archdiocese of Chicago.

Priests and seminarians who are 50 years of age or younger, in good health, physically fit, and are willing to serve in this missionary apostolate are encouraged to look into becoming an Army chaplain.

As a part of the chaplaincy, the priest/seminarian receives training and experience that adds to his value upon his return (e.g. clinical pastoral education, language training, graduate school opportunities). A chaplain receives the same pay, benefits and allowances as any other officer of his rank, and is eligible for full retirement benefits if he serves twenty years. A priest stays under the control of his Ordinary/Superior – he can be called home at any time.

To find out more call or write: Chaplain (Lt. Col.) David Kenehan; (800) 452-7617; 703-601-0077 voice, 703-601-4455 fax; Office of the Chief of Chaplains, 1421 Jefferson Davis Highway, Suite 10600, Arlington, VA 22202-3259; email, kenehda@occh-nt.arm.mil

Minn.)

Snapshots

Leading Women

Photo by Lt. Col. Randy Pullen

(From left) Brig. Gen. Donna Barbisch, Maj. Gen. Celia Adolphi, Sgt. Maj. Pamela Townsend, Brig. Gen. Karol Kennedy and Maj. Gen. Sue Dueitt gather for a quick photo opportunity during the Senior Leader's Conference held in Washington, D.C. in May.

Unique Promotion

Photo by Susan Nervick

Promotion ceremonies may not be uncommon but one held recently at the U.S. Army Reserve Command (USARC) at Fort McPherson, Ga. was different than most. Husband and wife, Robert and Angela Walk were both promoted to the rank of lieutenant colonel during a March ceremony at USARC headquarters. Here the newly promoted lieutenant colonels show off their new rank following the ceremony. She is currently serving as an instructor at the Army's Combined Arms and Services Staff School at the Regional Training Institute of the Georgia Military Institute in Macon, Ga. and he is preparing to serve as the executive officer to the deputy chief of staff, operations at USARC.

Engineer CRU

ACAPOC Gets New Commander

U.S. Army Photo

Maj. Gen Herbert L. (Buz) Altshuler has been named the new commander of the U.S. Army Civil Affairs and Psychological Operations Command (Airborne), U.S. Army Special Operations Command at Fort Bragg, N.C. USACAPOC is a subordinate unit of the U.S. Army Special Operations Command and is a mix of active duty and Army Reserve units. The commander and deputy commander are reserve general officers. He is the former commander of the 89th Regional Support Command.

Army Reserve First

U.S. Army Photo

Col. Paulette M. Risher, the first woman appointed to a one-star general post in a U.S. Army Special Operations unit assumed command of the 353rd Civil Affairs Command, U.S. Army Civil Affairs and Psychological Operations Command (Airborne) following a May ceremony in Bronx, N.Y. Risher, previously served as the deputy commander of the 350th Civil Affairs Command in Pensacola, Fla.

Activated

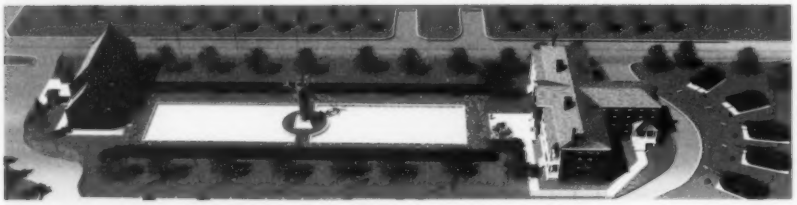
On October 15, 2000, the Army Reserve activated the U.S. Army Corps of Engineers Contingency Response Unit (CRU) at Fort Belvoir, Va. to support the Corps' Divisions and Districts with overseas combat responsibilities. Col. David Tebo assumed command with more than 26 years of service. CRU Colors are unfurled by (l-r) Maj. Gen Milton Hunter, Brig. Gen Karol Kennedy, Col. David Tebo and Sgt. 1st Class Ethan Dunbar.

International Relationships

Photo by Master Sgt. Vicki Washington

The Deputy Chief of the Army Reserve, Col. Bruce Wescott, gives Maj. Gen. Natalino Vivaldi, a member of a visiting Italian military delegation, a plaque on behalf of the Chief of the Army Reserve. Vivaldi is the Director of the Project of the Completion (Reserve) Forces in Italy.

$10 million museum to honor black soldiers, WACs



By Robert V. Morris

FORT DES MOINES, Iowa—The largest memorial in the United States honoring black and female soldiers is under development here with support from U.S. Army Reserve soldiers from the 19th Theater Support Command (TSC).

The $10 million, four-acre Fort Des Moines Memorial Park & Education Center honors two important events in the history of the U.S. Army. In 1917, during World War I, the Army began the first Officer Candidate School open to black men. In 1942, creation of the Women's Army Auxiliary Corps (WAAC) opened the ranks to white and black women, and furthered the military's historic role of leading society towards greater racial and gender equality. Both of these events, turning points in our nation's history, took place at Fort Des Moines.

One thousand black college graduates and faculty, and 250 noncommissioned officers from the 9th and 10th Cavalry Regiments, the "Buffalo Soldiers," and the 24th and 25th Infantry Regiments formed the 17th Provisional Training Regiment at Fort Des Moines in 1917. At the end of training, 639 soldiers were commissioned. As captains and lieutenants, these citizen-soldiers led the all-black 92nd Infantry Division against Imperial Germany on the battlefields of France during 1918.

Twenty-five years later, during World War II, Fort Des Moines hosted the creation of the Women's Army Auxiliary Corps (WAAC), later renamed the Women's Army Corps (WAC). Between 1942 and 1945, the fort trained 65,000 female troops for non-combat duty. The first U.S. Army Officer's Candidate School open to women graduated 436 officers, including 39 black women, on 29 August 1942.

The WAC served in England and France, releasing 250,000 men for combat duty in Europe and the South Pacific.

Among the distinguished directors and advisors of the memorial park project are the first African-American Chairman of the Joint Chiefs of Staff, retired Gen. Colin L. Powell; Lt. Gen. Russell C. Davis, the first black Chief of the National Guard; and the Army's first female general officer, retired Brig. Gen. Elizabeth Hoisington.

The park will include a 20,000-square-foot museum and education center, Fort Des Moines' historic chapel, and an abstract monument by internationally acclaimed sculptor Richard Hunt, surrounded by a reflecting pool and the inscribed bricks of the Walk of Honor. Rehabilitation of Building 46, the old fort's headquarters building, began last fall, with park dedication planned for Fall, 2002 or Summer, 2003.

Robert V. Morris, who serves as executive director of the foundation, founded the project in October 1997. Morris' grandfather, Lt. James B. Morris, was a member of the class that was commissioned in 1917 — exactly 80 years before. James Morris, a graduate of Howard University Law School, served with the 92nd Division's 366th Infantry Regiment, and was wounded in action at Metz, France, in 1918.

For more information, call 1-888-828-FORT or see the website at www.ftdmbom.org.

(Editor's note: Mr. Morris is the Executive Director of the Fort Des Moines Black Officer Memorial Foundation.)

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